

Cops **Feature** 10 Chapel 28 Community 18-19 Legal 30 **MWR**



Marking Time

Post Headquarters flag pole has an interesting beginning.



Tourney time

Three Fort Jackson Soldiers prepare for tournament at Camp Leje-

page 20

The Fort Jackson

Thursday, February 14, 2008

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On-post family housing residents to get decal

Chris Rasmussen

Leader Staff

Motorists entering the family housing area on post are now required to display a special decal on the windshield of their vehicles. The new policy, announced during Friday's Town Hall meeting at the MG Robert B. Solomon Center, is aimed at alleviating parents' fears for the safety of their children.

Housing residents have been pushing for tighter security since last fall, when two attempted child abduction reports were investigated.

"The decals will assist law enforcement in checking who is supposed to be in the family housing area," said Lt. Col. Thomas Scovanner, Directorate of Plans, Training, Mobilization and Security G3. "We want to keep people out of the housing areas who shouldn't be there."

Decals will be issued only to family housing residents and government employees who need access. The stickers are available during normal duty hours at Room 241 in the Strom Thurmond Building. A vehicle registration must be presented for each vehicle receiving a decal. Civilian contractors will not be issued a decal.

The decals are to be placed on the left-hand side of the front windshield.

"The intent is for everyone to have the same decal in the same location so law enforcement knows what to look for," said Emma Watson, director of Residential Communities Initiative. "Anyone who has to go into the housing area will be issued a decal."

Enforcement of the decals will be conducted during Family Day, Graduation Day and other special ceremonies and events at Hilton Field. On those



Family housing decals are now required for motorists entering the housing area.

days, military police will set up six checkpoints on roads entering and leaving family housing.

Last fall, there were two attempted child abductions reported. In the first case, a 10-year-old girl said she was approached by a stranger in a silver/gray Sports Utility Vehicle. The girl said the man instructed her to get into the SUV. She refused and fled home on her bike. The suspect was described as Hispanic with piercings in his lip and eye-

The case is still open, according to Col. Lillian Dixon, garrison commander.

The second case, however, has been determined unfounded, Dixon said. In that incident, a 10-yearold boy said a man driving a pick-up tried to lure him

See Decal Page 4

Fit to Win



Basic Combat Training Soldiers assigned to Company D, 2nd Battalion, 39th Infantry Regiment negotiate an obstacle Wednesday morning at the Fit To Win 2 Course.

Black history reviewed, remembered during post luncheon

Heath Hamacher

Leader Staff

The MG Robert B. Solomon Center was packed full Tuesday in a celebration of African American/Black History Month hosted by the 165th Infantry Brigade.

Several art displays were on hand, along with paintings, books and collages honoring the contributions of African Americans, both military and civilian.

One display noted the achievements of African-American inventors responsible for inventing such items as the cellular car phone, straightening comb and Super Soaker water gun.

Other displays paid tribute to military groups such as the Tuskegee Airmen and Triple Nickles association, which had representatives present.

Those in attendance were treated to a buffet-style lunch and entertainment provided by the Dent Middle School Fine Arts and Media Enrichment Program's Chorus, Steel Pans Drum Ensemble and Dance Team, and the Ayoluwa African Dance Theatre, which made its third appearance at the celebration.

The Ayoluwa (meaning "joy of our people") African Dance Theatre is a non-profit community-based outreach cultural group now based in Savannah, Ga., which performs, teaches and practices traditional Guinea West African folklore.

The guest speaker for this year's event was Command Sgt. Maj. (Retired) Cravis Taybron Jr., who served 28 years in the Army before retiring in 1998 and is the chairman of the Samuel Council Chapter of the 555th Parachute Infantry Association

Taybron took the opportunity to speak about the theme for this year's event, "Carter G. Woodson and the Origins of Multiculturalism."

See Luncheon Page 4

OPINION - EDITORIAL ____

Ask the Garrison Commander

Exceptional family members; dining facilities



Col. Dixon

Q Does enrollment in the Exceptional Family Member Program have an adverse effect on my military career?

Enrollment in EFMP does not adversely affect selection for promotion, schools or assignment. Information concerning enrollment in the EFMP or any of the data used in the program is not made available to selection boards.

Enrollment in the program allows assignment managers at Army personnel agencies to consider the documented medical and special education needs of EFM's in the assignment process.

When possible, Soldiers are assigned to an area where their EFM's needs can be met. This depends on a valid personnel requirement for the Soldier's grade and specialty, and eligibility for the tour.

All Soldiers are still eligible for worldwide assignment.

Are there any dining facilities on post where permanent party Soldiers can eat meals? If there is a DFAC for permanent party Soldiers, can family members eat there as well?

Permanent party personnel assigned to a battalion with a supporting dining facility may eat in their unit dining facility. For example, permanent party Soldiers assigned to the 1st Battalion, 13th Infantry Regiment may eat in the battalion's dining facility.

Permanent party Soldiers assigned to a unit without a supporting dining facility may eat in the AIT/Drill Sergeant School (Building 3210, 751-6509) dining facility Monday-

Family members and guests of military personnel may only eat in government dining facilities during the traditional Thanksgiving, Christmas and Army Birthday meal periods as advertised in the post newspaper. Family members and guests may not eat there at any other meal periods.

Further guidance may be found in AR 30-22 (the Army food program), DA PAM 30-22 (operating procedures for

the Army food program) and Fort Jackson policy letter 4-1 (personnel authorized to subsist in government dining facilities).

Garrison Fact of the Week

The Exceptional Family Member Program is a military program designed to provide a comprehensive, coordinated, multi-agency approach for community support, housing, medical, educational and personnel services to families with special needs.

The program was originally established as the "Handicapped Dependent's Program" in 1979. The name was changed to the Exceptional Family Member Program in 1980. Enrollment in the program became mandatory, screening was implemented and the first regulation, AR 608-75 (Exceptional Family Member Program) was established in 1986.

To submit questions to "Ask the Garrison Commander," call 751-2842, or e-mail nahrwolds@jackson.army.mil.

Fort Jackson talks back

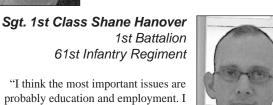
In honor of Black History Month:

What do you think is the most important issue facing the black community? Why?



Leon Chisolm Retiree (Air Force)

'As I see it, education and employment. We're in the South where most employers are smaller companies. Until the smaller companies start hiring blacks, we'll have a labor issue."



especially feel that inner-city youth don't

get as many opportunities as other kids."



Spc. Yinka Ellis Victory Support Battalion

"To me the most important issue is supporting each other. In order to succeed, you have to have a support system surrounding you."



1st Lt. John Hardick Victory Support Battalion

"I think the upcoming elections are the most important issue. The question is, which candidate is best qualified to ensure that the rights afforded to the African American community are being upheld."



Shanicka Lee **AAFES**

"I think the most important issue is unity. Black people aren't as unified as they used to be. We used to stick together to fight issues, now we're fighting each other. That also reflects poorly on black people in general."

Glenn Watts Retiree (Air Force)

"Job opportunities and education. These issues go hand in hand. I believe you improve the world through children. You do it with education and by giving them the opportunity to advance themselves.



Fort Jackson, South Carolina 29207

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NEWS _____

DES Hall of Fame inducts first two members

Chris Rasmussen Leader Staff

Two of Fort Jackson's finest emergency personnel were immortalized last week in the directorate's inaugural hall of fame.

The Directorate of Emergency Services Hall of Fame kicked off Feb. 6 at the NCO Club with the induction of Roy Warren, former assistant fire department chief, and Richard Hankins, former first sergeant of the 138th Military Police Company.

"We created the hall of fame to help promote cohesion among the different branches of DES," said Sgt. 1st Class Richard Crawley, DES Operations. "It also establishes something for others to strive for."

There is no quota for the number of inductions each year, Crawley said. Inductees can be nominated from within the Fort Jackson community. DES includes the Provost Marshal Office, 17th Military Police Detachment, Department of the Army Police, Game Warden and Fire Department.

"We are looking for people who compliment Army Values and those who not only come to work and fulfill their job description, but go above and beyond their job description," Crawley said.

Warren, a Vietnam veteran whose military occupational specialty was changed from construction utility worker to firefighter, came to Fort Jackson in the mid-1990s and was quickly thrown in the fire,

literally.

On his second day of duty, Warren was working on a structural fire in the family housing area. During the next two weeks, he would be called on to fight two more separate fires in housing.

Warren is also remembered at Fort Jackson for helping to create the installation's 911 Call Center.

"He was instrumental in its design and operation to include establishment of response protocols and emergency event addressing databases that are still being used today," said Billy Forrester, Fort Jackson Fire Department chief. "His forethought and leadership from the beginning had a huge impact on its current operation today."

Following civilian firefighting stints at Fort Benjamin Harris, Ind., and Fort McCoy, Wis., Warren came to Columbia, where he would finish his career.

"In my life, I have had 37 years of firefighting experiences, which have left me with many fond memories to reflect back on during my retirement years," Warren said. "I have loved my time with my brother firefighters and would not change a day of my firefighting career."

Hankins, who served in the Military Police Corps between 1958 and 1979, ended his career at Fort Jackson as the first sergeant of the 138th MP Co. During his time here, he was instrumental in the design of the first



Photo by Chris Rasmussen

Richard Hankins, a former Fort Jackson military police first sergeant, is inducted into the Directorate of Emergency Services Hall of Fame on Wednesday by Lt. Col. Greg Vibber, Director of Emergency Services, left, and Sgt. Maj. Patrick O'Connor, Provost Marshall Office sergeant major. Also inducted into the inaugural hall of fame was Roy Warren, former assistant chief of the fire department.

Emergency Services Center in the Army.

Before coming to Fort Jackson, Hankins served in Okinawa, Japan, where he was directly responsible for reducing the loss of government property at the largest depot in the Army from a high of \$25 million in one

year to just \$300,000.

"It is a very humble experience. I couldn't have accomplished all I did without the support of my peers and supervisors," Hankins said.

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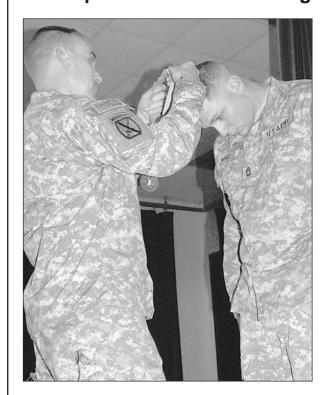
Commander's take



Photo by Heath Hamacher

Col. Lillian Dixon, garrison commander, is interviewed by a local media outlet Feb. 6 at the McCrory Galleri in downtown Columbia. Dixon gave the opening and closing remarks for a presentation by the McCrory Galleri and the U.S. Army. The photographic exhibition, called, "Heroes Among Us," honors African-American Soldiers and pioneers.

NCOs prove their mettle for Sgt. Audie Murphy Club





Photos by Chris Rasmussen

Sgt. 1st Class Ryan Wheele, a drill sergeant with Company A, 1st Battalion, 34th Infantry Regiment (right in left photo) and Sgt. 1st Class Linwood Barrett, a drill sergeant with Company F, 2nd Battalion 13th Infantry Regiment, (right in right photo) were inducted Feb. 6 into the Sgt. Audie Murphy Club by Command Sgt. Maj. Brian Carlson, post command sergeant major (right in both photos). Induction and membership is a reward for noncommissioned officers whose leadership achievements merit special recognition.

Around Post

Personal Financial Readiness

A class on personal financial readiness will be held 8:30-10:30 a.m., today at the Education Center, Room B302. For more information, call 751-5256/6325.

ACAP Closure

The Army Career and Alumni Center will close at noon, Friday for training. Normal operations will resume Tuesday. For more information, call 751-6062.

Work Keys Assessment

A WorkKeys assessment test will be held from 9 a.m. to noon, Feb. 26. The cost is \$30, payable in cash on the day of the testing. For more information and to register, call 751-6153/5452.

AER Campaign Kickoff

Army Emergency Relief fund kick off will begin 10 a.m., March 3 at the Joe E. Mann Center ballroom. For more information, call 751-5256.

Vehicle Registration

Vehicles may be registered from 7:30 a.m. to 4:30 p.m., Monday through Friday at the Military Police Station, Administrative Section, as the Vehicle Registration office often has a high volume of registrants.

DA Photos

The Department of the Army Photo Management System will only accept photos for submission for promotion into DAPMIS for active Army commissioned officers, warrant officers above warrant officer 1 and noncommissioned officers of staff sergeant and above. All Army National Guard, Reserve commissioned and warrant officers including second lieutenant, warrant officer 1 and noncommissioned officers of sergeant and above are authorized to have DA photos done in the Photo Lab. For active duty Soldiers in the rank of second lieutenant, warrant officer 1 and sergeant who are submitting a special package, the photo will be taken, but not sent to DAPMIS. For more information, call 751-7524.

Luncheon

(continued from Page 1)

Among his many accomplishments, in 1926, Woodson established Negro History Week (now known as Black History Month).

Only the second African American to earn a Ph.D. from Harvard, many feel Woodson's most visible legacy is that schools set aside time each year to focus on African-American history.

"Without ethnic or social diversity, there is no multiculturalism," Taybron said. "It is truly remarkable to think of the contributions of that one strong-principled man can make to society. Carter Godwin Woodson dedicated his life to learning and teaching and ... in the spirit of Dr. Woodson's teachings, we must embrace and celebrate our individual cultures and heritages and ensure every voice is heard and respected."

Heath.Hamacher@jackson.army.mil



Photo by Heath Hamacher

The Ayoluwa African Dance Theatre, founded in Brooklyn, N.Y., and now based in Savannah, Ga., performs a popular West African dance during the African-American/Black History month celebration Tuesday at the MG Robert B. Solomon Center.

Children wish Soldiers, 'Happy Valentine's Day,' from afar

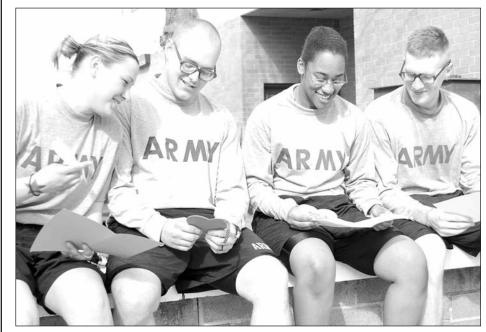


Photo by Kristen Marquez

Soldiers in the Airborne Orientation Course read through Valentine cards received from students in Crete, Neb. The Soldiers are from left, Pvt. Brittani Law, Pvt. Doran Hinchliff, Pvt. Schavaun Davis and Pvt. William Glenn. The students created and sent more than 1,200 cards which were distributed to Soldiers throughout Fort Jackson.

Decal (continued from Page 1)

into his truck at Hill Street and Lee Road, in front of All South Federal Credit Union. The boy refused, went home and told his parents.

With the aid of surveillance camera recordings, investigators were able to locate the individual, Dixon said. The man passed a lie-detector test and upon further questioning was cleared.

Also during the Town Hall meeting, community members were told of more safety measures which have been taken.

In the event of an abduction, the Directorate of Emergency Services will notify the South Carolina Law Enforcement Division to initiate an Amber Alert if the initial investigation reveals the following: DES believes that a child has been abducted; the child is 17 years old or younger and law enforcement believes the child is in immediate danger of serious bodily harm or death; there is sufficient information available to disseminate to the public and surrounding law enforcement agencies.

Once an abduction on Fort Jackson has been reported, DES

will notify all gates to stop all outbound traffic and search each vehicle. Also, the Installation Operations Center will be notified and information concerning the abduction would be broadcast over the post speaker system.

Should an attempted abduction or abduction take place, the IOC would activate the red ring-down phones to notify all commands, directorates, schools, youth activity centers, water park and tenant units. Also the message sign at the corner of Strom Thurmond and Jackson boulevards would be used to convey the information.

In addition to broadcasting alerts in the case of an abduction or attempted abduction, the installation has identified more than 20 vulnerable locations on Fort Jackson and have recommended mitigations. Those include installing additional call boxes, adding or repairing lighting, increasing law enforcement presence and educating children and parents on approved walking routes to and from school

Chris. Rasmussen@jackson.army.mil

Customer Service Corner

CMS captures the customer's voice

Christina Garza

Community FIRST Coordinator

Part one of three: During the next three weeks, the Customer Service Corner will explain the origins of the Customer Management Services.

Do you know how well Fort Jackson is performing in support of the organizations and people who live, work and play on the installation?

If so, how do you think that performance is measured? Several years ago, in a "sidebar" conversation, the commanding general asked the deputy garrison commander how the garrison measured its performance.

The deputy's response addressed measures contained in regulations, pamphlets, circulars and standard operating procedures, along with some very limited, existing customer feedback programs.

With the dawning realization that most garrison performance measures were generated by the functional proponents themselves, the commanding general continued the discussion by describing the garrison's performance measurement system as a "self-licking ice cream cone."

The commanding general went on to say, "From here on out, you're only as good as I say you are. I don't mean me personally; I'm talking about all the customers you support who live, work and play on the installation."

At that point, the garrison leadership came to understand functional activity measures would be secondary to measures of customer satisfaction. Thus began a phased effort to develop a customer feedback program, using minimal resources, to accurately measure the "Voice of the Customer."

In the development of this program, we faced some key chal-

lenges such as; defining the customer base; developing a management process to integrate and report the information; and development of a tool to track customer satisfaction, corrective actions and follow-up.

The goal was to develop processes with the ability to measure, prioritize, integrate and report customer satisfaction to the garrison leadership and the supported commands.

The customer base was defined as individuals, constituency groups and mission commanders. The result of that effort is the Customer Management Services program, which consists of a comprehensive, three-tiered feedback system based on input from the customer base — the "Voice" of the Army's people.

The first tier of this process is the Interactive Customer Evaluation system, developed by the Department of Defense.

The second tier of the program needs to be a continuous process to address collective issues or concerns that could not be resolved by ICE.

Finally the third, and perhaps most important tier, is the need to gather feedback from the corporate-level customers (mission commanders) supported by the garrison.

Author's Note: Next week's segment will discuss the threetiered process in detail.

ICE Appreciation

The garrison would like to congratulate the Defense Military Pay Office, specifically the Finance Customer Service Section, and the Civilian Personnel Advisory Center. They have achieved a 4.87 and a 4.82 rating, respectively, in employee/staff attitude out of a possible 5.0, for a 12-week period. This is an outstanding performance in customer satisfaction. Keep up the good work.

A tip of the campaign hat to this week's ...

Drill Sergeants of the Cycle

"Victory Starts Here"

from the "Rock Force"

Battalion



Staff Sgt.
James Hawkins
Company B,
3rd Battalion,
34th Infantry
Regiment



Sgt. 1st Class Omri Ibi Company C, 3rd Battalion, 34th Infantry Regiment



Staff Sgt.
Wayne Albright
Company D,
3rd Battalion,
34th Infantry
Regiment



Number of weeks without a motor vehicle fatality at Fort Jackson.

ARMY NEWS ____

Testing for recruiting incentives under way

Recruiting Command Public AffairsArmy News Service

FORT KNOX, Ky. — The Army has begun a pilot program in five cities offering qualified recruits a down payment for home ownership or seed money to start their own business

The Army Advantage Fund offers those enlisting in the active Army up to \$40,000 for a five-plus year enlistment. Recruits enlisting in the Reserve component are eligible for up to \$20,000 for a five-plus year enlistment.

The recruiting program is currently being tested in five markets: Albany, N.Y.; Cleveland, Ohio; Montgomery, Ala.; San Antonio, Texas and Seattle, Wash.

Availability of the program on a national level will be based on the pilot results, Army Accessions Command officials said. The Army is the only branch of service currently offering this benefit.

"The Army has a long legacy of preparing young Amer-

icans for success through skills training and educationbased programs such as the GI Bill and the Army College Fund," said Lt. Gen. Benjamin Freakley, commanding general, U.S. Army Accessions Command.

"This new offering demonstrates the Army continues to understand what young Americans consider critical to their future," he said.

Studies show home and business ownership is highly appealing to young Americans. While recognizing the difficulty in becoming a home owner, nearly all young adults surveyed in the test markets (95 percent) agree that it is important for them to own a home, making it as high of a priority as having the right job skills (98 percent) and having a college degree (91 percent).

A recent survey of young Americans in the test markets shows that six in 10 young adults expect it to be more difficult for them to buy a home than their parents. Parents and adult influencers of those surveyed — 63 percent —

show significant concern about the difficulty young adults will face when purchasing their first home.

Among all surveyed, 79 percent view having enough money to start a small business as a big problem. More than six in 10 young adults and parents say that the funding would most likely come from a bank loan.

By taking advantage of the Army Advantage Fund, participants may be able to either reduce or eliminate altogether the need for a bank loan to start a small business, Accessions Command officials said.

"What we are hearing from our young people and influencers is that, although it is essential to them to establish home ownership and get started down their chosen career path, many times they question how they will be able to accomplish it," Freakley said. "The Army recognizes these challenges, and wants to be a part of the solution by offering young adults the proper funds which will allow them to live their American Dream."

NTC leaps forward with joint integrated training

Casey Bain Army News Service

FORT IRWIN, Calif. — The operations group at the National Training Center is now integrating joint air-ground assets into the training of brigade combat teams in the California desert.

One of the new training elements is the joint air-ground integration situational training exercise. The A-GI STX allows war fighters at the BCT level and below to focus on key targeting objectives they will use when they deploy in combat.

Some of those objectives include planning and executing the targeting process; conducting battle tracking; and conducting command and control operations in the three-dimensional battle space.

The joint A-GI STX training is led by the operations group at NTC and supported by U.S. Joint Forces Command's Joint Fires Integration and Interoperability Team. The training concept allows units to work together with many joint assets to hone their skills and battle drills within the targeting process, said Maj. Thomas Hansbarger, JFIIT operational lead at NTC.

"NTC has taken on additional requirements to facilitate and integrate joint assets to achieve multiple service training objectives," he said. "What NTC is doing here benefits the entire force, especially those preparing to deploy."

The training was developed from les-



Photo by Casey Bain

Army and Marine Corps forward observers at the National Training Center, Fort Irwin, Calif., scan the valley for potential targets.

sons learned by combat teams that have already been in Iraq, said Lt. Col. Brad Stewart, NTC operations group chief of plans and operations.

"This training helps the brigades to shorten their learning curve once they're in theater and ensures integration of joint assets so the commander can more efficiently leverage all capabilities on the battlefield," he said

The 3rd BCT, 1st Infantry Division, is

the first unit this year to undergo the joint A-GI STX training. Leadership within the 3rd BCT says the training helped provide a realistic and rigorous joint training environment for the team.

That training, they say, will help better prepare them for the challenges they will face during operations in Iraq and Afghanistan.

"This is the first time we've had a chance to train on some very unique mis-

sions with our joint brethren," said 1st Lt. Michael Guay, fire support officer, Alpha Troop, 6-4 Cavalry, 3rd BCT, 1st Infantry Division.

"NTC has provided a great opportunity for our entire fire support team to come together and train. The whole team is participating in this fight and we're working together to get better every day. This has been a really positive experience," he said.

The primary training audience at NTC may be the Army, but all services provide crucial assets to facilitate the joint training environment. Those joint service participants gain experiences they can leverage when they deploy in theater.

"This is an excellent opportunity to bring together a comprehensive group of joint assets to train together for the reality that awaits in theater," said Air Force Master Sgt. James Rigney, tactical air control party subject matter expert at JFIIT. "The Airmen who train here with the Army will refine mission-essential skills that will help them accomplish their job once in country."

This joint A-GI STX training initiative demonstrates NTC's ability to integrate service-specific training requirements into Army BCTs' training rotations.

"We've learned when we come together as a team and focus on crucial joint training requirements, we can help each other accomplish multiple service training objectives," Stewart said.

MARKING TIME



Photo by Carrie David Ford

The flagpole that supports Old Glory in front of post headquarters formerly stood in the Court of Nations at the 1939 New York World's Fair where it flew the New York flag. The 100-foot steel pole was given to the installation in 1941 by New York Mayor Fiorello H. LaGuardia. Shortly after being erected in front of post headquarters, two privates who were former skyscraper workers were charged with painting the new flagpole with two coats of white paint, according to the Aug. 15, 1942 Army Times, Fort Jackson edition.

Editor's note: "Marking Time" is a weekly glance at Fort Jackson's past. If you have an interesting fact, photo, story, etc., e-mail us at fileader@jackson.army.mil.

Chaplain Center and School celebrates 90 years

Mike A. Glasch Leader Staff

The Army's assistant chief of chaplains for Mobilization and Readiness likens the history of the U.S. Army Chaplain Center and School (USACHCS) to the tabernacle in the Old Testament as the nation of Israel wandered the desert — constantly on the move.

"It has a very unique pilgrimage compared to other service schools. It's moved 16 times since its inception during World War I," said Chaplain (Brig. Gen.) Douglas Lee, Office of Chief of Chaplains.

As one of the oldest service schools in the Department of Defense, USACHCS celebrated its 90th anniversary Friday. The Army Chaplain School was created Feb. 1918 at Fort Monroe, Va., to train chaplains to minister to Soldiers during World War I.

Other sites the school has called home include Harvard University; Fort Leavenworth, Kan.; Fort Benjamin Harris, Ind.; and the New York City area where it moved four times from 1951 to 1979 (Forts Slocum, Hamilton, Wadsworth and Fort Monmouth, N.J.).

Two major changes were made to the school during that 28 year period. In 1966, the Chaplain Assistant School merged with the Chaplain School and in 1973, the school was renamed the U.S.

Army Chaplain Center and School.

In 1996, the school moved again, landing at Fort Jackson.

"This history of the Army Chaplain School is imperfect mainly because we are imperfect," Lee said. "Fortunately there are some remarkable visions, great people, great ideas and great manifestations of faith throughout our (Chaplain Corps) history."

Lee pointed out that USACHCS is the largest school for training chaplains and chaplain assistants in the world. It has more than 16,000 graduates.

This year also marks the 50th anniversary of the Chaplain's Museum. Since its inception, it has made every move with the USACHCS.

"From the very beginning we have been very thorough in maintaining our history. This is why the museum, the library and the other parts of our chaplain center are very important to us," said Chaplain (Col.) Clarke McGriff, commandant, USACHCS. "The chaplaincy was actually founded in 1775, a year before our nation was born. It's such an important institution to the Army and to the nation."

McGriff will be a part of the US-ACHCS history yet to come. He has been named to be the first director of the Armed Forces Chaplain Center, the com-



Photo by Mike A. Glasch

Chaplain (Brig. Gen.) Douglas Lee, assistant chief of chaplains for mobilization and readiness, was the guest speaker Friday at the 90th anniversary celebration for the U.S. Army Chaplain Center and School.

bining of all service Chaplaincy schools mandated by the Department of Defense.

"We are making history," said McGriff.
"In May, we will break ground on the
Armed Forces Chaplain Center which will

bring the Naval Chaplain School and the U.S. Air Force Chaplain Service Institute to Fort Jackson. The chaplaincy history continues to grow."

Michael.Glasch@jackson.army.mil

MWR

Photography contest open to Fort Jackson youth

Theresa O'Hagan

Morale, Welfare and Recreation

The Boys & Girls Club of Fort Jackson encourages young photographers to enter their ImageMakers National Photography Contest. The competition is part of a nationwide search to identify talented, young photographers. The contest is part of a comprehensive initiative encouraging artistic skills, cultural enrichment and creativity in the medium of photography.

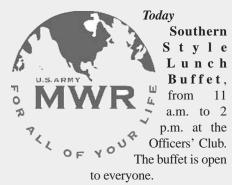
To be eligible, participants must have had an active Child and Youth Services registration for at least three months.

Entries will be accepted in four age divisions: 9 years old and younger, 10-12 year olds, 13-15 year olds and

16-18 year olds. The photography must be in one of five categories: color process, black and white process, alternative process, digital or photo essay. Pictures will be judged by local photographers and selected photos will compete at the regional level and then advance to the national competition. Forty-five national

members will be named and their photographs displayed in the ImageMaker's National Photography Contest traveling exhibition and at special Boys & Girls Club events throughout the year. "By introducing members to photography, we are giving them priceless opportunities to express themselves in creative and unusual ways," said Beverly Metcalfe, Youth Education Support Services director and key contact person for the competition. "The support of our sponsors will enable members to maximize their artistic talents and develop creative thinking to last a lifetime."

The deadline for submitting photos for the competition is March 3. Young photographers may turn in their photos at the Central Enrollment Office, Joe E. Mann Building; the Fort Jackson Youth Center; Scales Child Development Center or Hood Street CDC. For more information, call 751-3053.



It is the last day to register for the **Beech Mountain ski trip** at Marion Street Station.

Tell us what you hate about Valentine's Day and you could win \$50 at the Magruders Pub **Un-Valentine's Day party**.

Friday

Play **Victory Bingo** and win prizes up to \$15,000. There are guaranteed \$50 payouts.

Dance to a variety of music provided by DJ Randall at **Magruders Club** from 9 p.m. to 3 a.m. The club is located in the back of Magruders Pub and the cover charge is \$3 for military and \$5 for civilians

Artistic Expression with Jake begins at 6:30 p.m. at the Youth Center Teen Room.

Saturday

Step Team practice begins at 2 p.m. at the Youth Center Dance Room.

The NCO Club presents **Classic Soul Saturday** from 9:30 p.m. to 2 a.m. in the Excalibur Room. The cover charge is \$3 for military and \$5 for civilians. Live broadcasts from the BIG DM 101.3 with giveaways are 9:30-11 p.m.

Sunday

Play **Victory Bingo** 12:30-4:30 p.m. Come to **brunch** from 11 a.m. to 2 p.m. at the Officers' Club

Family Day at the Youth Center will be held 2-6 p.m.

Monday

The **NCO Club** presents a **full lunch buffet,** featuring fried chicken or fish,

fresh vegetables, a full salad bar, soup, assorted desserts and a beverage from 11 a.m. to 1:15 p.m. for \$7.

Tuesday

Movie Night begins at 6 p.m. at the Youth Center in the Teen Room.

Enjoy **free movies** every Tuesday at Magruders Pub.

Check out new merchandise during **a demo day** at the Fort Jackson Golf Club from 10 a.m. to 3 p.m.

Wednesday

Be a sensation with **Karaoke** at **Magruders Club** at 7:30 p.m. Cover charge is \$3 for military and \$5 for civilians.

Ongoing Offers

- The **NCO Club lunch buffet** is served from 11 a.m. to 1:15 p.m., daily. The cost is \$7 for adults and \$3.75 for children.
- The **NCO Club breakfast** is served 6-9 a.m., Monday through Friday. The cost for adults is \$7 and \$3.75 for children 4-

10 years old.

- The Officers' Club specializes in catering wedding receptions, anniversaries, promotions and other special occasions
- The **NCO Club caters** to all your needs: dining in, dining out, promotions, breakfasts, meetings, birthdays, weddings, graduations, retirements and any other special occasion.
- Victory Travel has special offers for a variety of dinner shows and attractions. Some require reservations. Stop by Victory Travel in the MG Robert B. Solomon Center for more information on discounts.
- Enjoy resort accommodations for two to six people for less than you would pay for most hotels with the **Armed**Forces Vacation Club. For details of resort availability, call the reservation center at (800) 724-9988. Be sure to say you are a first-time Armed Forces Vacation

 Caller. A vacation counselor will take your enrollment and help you find an available resort. Fort Jackson is Installation No.164.

COMMUNITY HIGHLIGHTS_

This Week

Kinder Gym

Kinder Gym will be held from 10:45 a.m. to noon, Friday at the Youth Services Gym. For more information, call 751-5256/6325.

Salute the Troops Race

The Sumter RC Club is holding a "Salute the Troops" race 11 a.m., Saturday at the Proving Grounds II raceway in Sumter. All entry fees will be donated to send care packages to deployed troops. Sign-up starts at 10 a.m. The entry fee is \$20. For more information, call 751-6446 or (719) 650-9034.

Play Group

A play group will be held 10-11:30 a.m., Monday at 5953C Parker Lane. For more information, call 751-5256/6325.

Valentine Dessert Exchange Party

The Fort Jackson Enlisted Spouses' Association is holding a Valentine dessert exchange party 6:30 p.m., Monday at 5942E Thomas Court. RSVP is required by calling 665-4170 or e-mailing esa2005fj@yahoo.com.

Breastfeeding Support Group

The breastfeeding support group will meet from 10 a.m. to noon, Tuesday at the Strom Thurmond Building, Room 214. For more information, call 751-5256/6325.

Play Group Kinder Gym

Play group kinder gym will be held 10:30-11:40 a.m., Tuesday at the Youth Services Gym. For more information, call 751-5256/6325.

Financial Readiness for First Termers

A mandatory financial readiness class for first-term junior enlisted Soldiers for whom Fort Jackson is the first duty station will be held from 8:30 a.m. to 4:30 p.m., Wednesday at the Education Center, Room B302. The class is free and open to every-

one, but registration is required.

To register, call 751-3580 or e-mail *Kimberly.Bottema@jackson.army.mil*.

Flamingo Women's Support Group

The Flamingo support group for women meets from 11:30 a.m. to 1 p.m., Wednesday at the Strom Thurmond Building, Room 214. For more information, call 751-5256/6325.

Upcoming

Financial Readiness for Initial PCS

A financial readiness class for Soldiers who PCS for the first time will be held 8:30-10:30 a.m., Feb. 21 at the Education Center, Room B302. For more information, call 751-5256/6325.

Blood Drive

A blood drive will be held at the Directorate of Logistics, 2600 Lee Road, from 9 a.m. to 2 p.m., Feb. 22. For more information and to sign up, call 360-2036.

Play Group

A play group will be held 10-11:30 a.m., Feb. 25 at 5953C Parker Lane. For more information, call 751-5256/6325.

Car Buying

A class on car buying will be held 8:30-10:30 a.m., Feb. 26 at the Education Center, Room B302. For more information, call 751-5256/6325.

EFMP Support Group Potluck

The Exceptional Family Member Program will hold a potluck 6-8 p.m., Feb. 26 at the Youth Center. The guest speaker is Bobbie Coward form Blythewood Middle School Academy. For more information, call 751-5256 or e-mail *jacksonc1@jackson.army.mil*.

Steps to Federal Employment

This workshop will be held 8:30-11:30 a.m., Feb. 27 at the Strom Thurmond Building, Room 213. The workshop will

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Homes and love needed









Photos by Kristen Marquez

These animals at the Fort Jackson Veterinary Clinic need a home. Top row from left: Loveable 1-year-old female mixed breed dog, 1-year-old female black Lab. Bottom row from left: 1-year-old female Husky/collie mix, 6-month-old male Lab mix. For information on adoption call 751-7160.

explore every step of the Army Resumix process for federal jobs. For more information and to register, call 751-6153/5452.

Reassignment Briefing

A Reassignment Briefing will be held 1:30 p.m, Feb. 27 at the Strom Thurmond Building, Room 213. The Phase II briefing (for overseas assignments only) will be held immediately following the Phase I briefing and is mandatory for all Soldiers scheduled to PCS overseas. For more information, call 751-5578.

Levy Briefing

A Levy Briefing will be held 2:30-3:30 p.m, Feb. 27 at the Strom Thurmond Building, Room 213. For more information, call 751-5256/6325.

Hoopla Day

Hoopla Day will begin at 4 p.m., Feb. 29 at the Youth Center. Activities include hula hoop and basketball. For more information, call 751-5040/3773.

Announcements

Phone Book Recycling

Old phone books are accepted for recycling at Fort Jackson Recycling Center starting Friday until March 15. For more information and to find other drop-off locations, visit www.KeepTheMidlands Beautiful.org.

APO/FPO Flat-Rate Box

The U.S. Postal Service will offer a military discount for Priority Mail large flat-rate boxes shipped to APO/FPO addresses starting March 3.

The boxes cost \$10.95 and can be ordered online starting Wednesday. For more information, visit www.usps.com.

Motorcycle Safety Training

To ride a motorcycle on Fort Jackson, Soldiers and civilians are required to take the Basic Rider Course. Soldiers also need to attend the training to ride a motorcycle off post. The BRC is a two-day course offered weekly.

The Safety Office also offers an optional Experienced Rider Course. All classes are free. Soldiers and civilian employees will not be charged pass or leave to attend. Training is available to retirees and family members on a space available basis. For more information, call 751-RIDE (7433).

Girl Scout Cookie Sale

Girl Scout cookies will be sold at the main post exchange and commissary from Friday until March 9. For more information, call 736-5875.

MOAA Scholarships

The Military Officers Association of America is offering \$1,000 grants to 25 dependent children of active duty personnel. Eligible students must be younger than 24, working on a first undergraduate degree and a dependent of and active-duty service member, including drilling

COMMUNITY HIGHLIGHTS___

Reserves and National Guard.

Grant recipients will be randomly selected. Applications must be received by noon EST, March 3. For more information and to apply online, visit www.moaa.org/education.

ROA Offers Scholarships

The Reserve Officers Association offers \$500 merit-based scholarships for undergraduate and graduate study at accredited colleges and universities. Undergraduate scholarships are available to children and grandchildren of ROA members; graduate scholarships are available to ROA members.

Application deadline for the 2008-2009 school year is April 10. ROA membership and scholarship applications are available online at http://www.roa.org. For more information, e-mail grallen@comcast.net.

Fort Jackson Wives Online Group

An online group for Fort Jackson wives is available at http://groups.msn.com/FortJacksonGirls.

Absentee Voting

Absentee voters can exercise their right to vote by completing the Federal Post Card Application (FPCA Standard Form 76) or complying with the ballot request procedures enacted by the state in which they vote. After mailing in the application, the voter will receive his or her absentee ballot. Mailing guidelines differ from state to state. For more information, contact your Unit Voting Assistance Officer or visit www.vote.army.mil.

Mandatory Registration for FRG Leaders

In accordance with AR 608-1, all Family Readiness Group leaders must be registered with Army Community Service, Mobilization and Deployment Program. FRG leaders disseminate information, events and available resources to family members and the chain of command. To report e-mail address or contact number changes, call 751-7489. If certified at another installation, bring certificate of training to 2179 Sumter Ave., Room A-12.

Auto Craft User Certification, Basic Skills Class

The Fort Jackson Auto Craft Shop offers Auto Craft User Certification and Basic Skills classes 5-7 p.m. every Thursday and from 10 a.m. to noon every Saturday. Patrons must be certified before using the Auto Craft Shop. For more information, call 751-5755.

Gold Star Lapel Pin

Soldiers who have lost an immediate family member in combat are now authorized to wear the Gold Star lapel pin on the Army Green uniform. Immediate family is defined as a spouse, mother, father, children or step-children.

Enlisted Soldiers wear the pin centered

EEO Counselor of the Year



Photo by Mike A. Glasch

Judith Travis has been named Fort Jackson's 2007 Equal Employment Opportunity Counselor of the Year. She received a plaque and commander's coin from Brig. Gen. James H. Schwitters during the Annual EEO Committee Meeting at the Post Conference Room Feb. 7.

both vertically and horizontally on the left lapel of the uniform. Officers wear the pin centered on the left lapel one-quarter inch below the branch insignia.

For more information, refer to Army Regulation 670-1, paragraph 29-7.

DECA Scholarships for Military Children

The Defense Commissary Agency awards \$1,500 scholarships to unmarried children under the age of 21 (23 if enrolled in school) of active-duty, Reserve, Guard and retired military personnel.

All applicants must be enrolled in the DEERS database and have a current ID card. The applicant must be planning to attend an accredited college or university full-time in the fall term of 2008.

Applications for the scholarships are available in commissaries worldwide or online at http://www.commissaries.com or at http://militaryscholar.org. Applications must be turned in to a commissary by Wednesday.

Resume Help

The Army Community Service's Employment Readiness Office offers free resume preparation help to military spouses. Call 751-5452 for assistance.

School

Youth of the Month

The Fort Jackson Middle School/Teen program is accepting nominations for the Boys and Girls Club Youth of the Month.

Candidates must be 14-18 years old, belong to the Fort Jackson Youth Center,

Recurring Meetings

Weekly

Walking Away Stress meets at 9 a.m., Mondays and Fridays at the pecan orchard near the post office on Early Street. For a walking log or more information, call 751-6325.

Range Control Briefing is held at 1 p.m., Mondays and Fridays at the Education Center, Room 302. For more information, call 751-7171.

Civil Air Patrol meets at 7 p.m., Mondays at Owens Field and 7 p.m., Tuesdays at Columbia Metropolitan Airport. For more information, e-mail cc@scwg.cap.gov or visit online at www.scwg.cap.gov.

Helping Everyone Reach Optimum Strength meets 5-6 p.m., Tuesdays at Moncrief Army Community Hospital, seventh floor. It is open to combat veterans and their family members. For more information, call 751-2160/2183.

Medical Board Office is closed from 7:30 a.m. until 1 p.m., every Thursday. For information, call 751-0359/7152/7318.

Protestant Women of the Chapel meet Thursdays from 9:30 a.m. to 12:30 p.m. at the Main Post Chapel. Homeschoolers are welcome and evening studies are available. Free childcare is available. For information, e-mail pwocjackson@yahoo.com.

Overseas Travel Clinic is held from 8:30 a.m. to noon, Fridays. For more information, call 751-5151.

Military Widows/Widowers
Association meets at 2 p.m.,
Sundays at Moncrief Army
Community Hospital, eighth floor. For
more information, call 787-2469.

Monthly

Seabees meet at 7 p.m., the second Monday of each month at the West Metro Chamber of Commerce and Visitors Center. Call 755-7792 or 755-0300 for more information.

Fort Jackson Enlisted Spouses' Association meets at 6:30 p.m., the third Monday of each month at 5942E Thomas Court. For more information, call 665-4170 or email esa2005fj@yahoo.com.

Sergeant Audie Murphy Club meets at 11:30 a.m., the first Tuesday of the month at the Post Conference Room, and is open to everyone.

Gastric Bypass Support Group meets at 6 p.m., the second Tuesday of the month in the Moncrief Army Community Hospital eighth floor physical therapy waiting room. For more information, call 751-0392. This is not just for weight loss patients; anyone interested is welcome.

Fleet Reserve Association Unit 202 meets at 1 p.m., the third Tuesday of the month at 2620 Lee Road. Call 482-4456 for information.

Fort Jackson "Victory Riders" Motorcycle Club meets at 5 p.m., the first and third Thursdays of the month at Magruders Club. For information, e-mail sec@fivictoryriders.com.

Society of American Military Engineers meets at 11:30 a.m., the fourth Thursday of the month.

For information, call 254-0518 or 765-0320.

U.S. Navy Sea Cadets meet the third weekend of each month. The group is for children ages 11-18. For more information call 622-8707.

To submit a recurring meeting, e-mail the name of the group, when and where the meeting takes place and contact information to fjleader@jackson.army.mil.

exhibit leadership potential and have contributed to their family, church, school or community during the past months. To submit a nomination, call 751-6385/3977.

Homeschoolers Group

Fort Jackson has an active group of homeschoolers who share activities, ideas and fellowship.

For more information, call 419-0760 or 751-6150 or visit online at

http://groups.yahoo.com/group/FortJacks onHomeSchoolers/.

Arrange for VTC of High School Graduation

Graduating seniors with deployed family members should contact the school liaison officer for possible VTC transmission of high school graduation ceremony by email at *Ruth.Russell@jackson.army.mil* or by calling 751-6150.

'Team Ruckus' set to invade Camp Lejeune

Heath Hamacher Leader Staff

Three Fort Jackson Soldiers will travel to Camp Lejeune, N.C. March 28 to represent the Army in an International Sport Combat Federation Mixed Martial Arts competition against local Marine fighters.

Sgt. Anthony Wikstrom (170 pounds), Staff Sgt. John Heisler (185) and Staff Sgt. Julian Wiggins (205) will comprise Team Ruckus. Wikstrom and Heisler are Army combative instructors here, while Wiggins serves as a veterinary technician. Each Soldier has won multiple grappling championships.

The most experienced of the squad, this will be Wikstrom's fifth MMA fight.

Wiggins recently placed fourth in the All-Army Combatives Tournament at Fort Benning, Ga., including a fight in the not-so-friendly confines of a ring. But this will be his first time in the cage.

"It's just another fight," he said. "The cage might be a little intimidating at first, but once the bell rings, all that nervousness will go out the door."

Rules for the event will nearly mirror those of popular organizations such as the Ultimate Fighting Championship. Bouts will take place inside a cage, with fighters equipped with only shorts, a protective cup, a mouthpiece and 4-ounce fingerless gloves. Bouts will likely be three four-minute rounds with a one-minute rest period in between.

Ways to victory include knockout, technical knockout — including referee/doctor stoppage — submission or decision. While MMA allows techniques from many disciplines such as punches, kicks, joint locks and chokes, there are rules in place to protect the fighters' safety.

Some of them are:

- No head-butting, eye gouging, hair pulling, biting or fish hooking (pulling an opponent's cheek with a finger).
 - No attacking the groin.
- No strikes to the back of the head, spinal area, kidneys or throat.
 - No small-joint manipulation.

This will be Heisler's first real MMA fight and he admitted to being a little nervous. He made it clear, however, that he is ready to bring the "Ruckus" to Jacksonville.

"I'm excited. I've been looking forward to it, working up to getting in the cage and fighting," he said. "We practice what we preach and I'll put it to the test. I'm nervous, but if I go in there confident in my training, I think I'll be fine when they say, 'fight.""

Wikstrom said there will be a friendly rivalry between sister services, but hopes the exposure will be good for Army combatives as well as the sport of MMA.

"Hopefully it'll make everybody look at our program and our fighters," he said. "It should help bring it more to light."

Heisler added that any Soldier stationed at Fort Jackson who wants to learn more about Army combatives or MMA is free to train at the facilities here.

For more information, please call 751-6409. Heath.Hamacher@jackson.army.mil

From ACU to MI

Fort Jackson NCO takes Army co

Heath Hamacher

Leader Staff

Sgt. Anthony Wikstrom is a Soldier like any other. Words like, "hooah," and "roger," are a regular part of his vocabulary, he eats in the dining facility and, for the most part, does what Soldiers do.

There is something a little different about this warrior, though. His "office" floor is padded from wall to wall and the rooms are full of grappling dummies and punching bags.

His unofficial uniform of the day is often a pair of Sprawl fight shorts and a T-shirt.

His daily drills consist of ankle locks and uppercuts. Wikstrom, 27, Company B, 171st Infantry Brigade, is an Army combatives instructor at Fort Jackson who loves his job so much he travels long distances to work (and get punched in the face) on his days off.

With three amateur Mixed Martial Arts fights under his belt, he is heading to St. Louis Feb. 22 to represent the Army and Fort Jackson in a live televised event, "G.I.s vs. Joes II." This card, held at the Saint Charles Family Arena, features U.S. Army Combative specialists and local MMA fighters. A portion of the proceeds will be donated to Army Emergency Relief.

Col. Junio-Omaru Barber, U.S. Army Recruiting Command commander, said the Army is happy to be a part of this event supporting MMA, one of the country's fastestgrowing sports.

"We're proud to represent a sport that allows athletes to demonstrate many of the shared values and qualities exemplified in the Army, including leadership, commitment to excellence and a desire to make a difference as members of their teams," he said.

In a welterweight (170 pounds) affair, Wikstrom is scheduled to square off against the ever-dangerous To Be Announced.

"As of right now, I don't know who my opponent will be. It'll probably be one of those 'hey, you' type of things," Wikstrom said. "But whatever they bring at me, I'm ready. We train hard here and we train all aspects of the fight."

Wikstrom's last fight was Dec. 15 in New Orleans. He traveled there with a group of fighters from Fort Benning, Ga., and disposed of opponent Russell McCume in less time than it took to tape his hands before the contest. After a brief exchange on the feet, Wikstrom took McCume down and finished him with a rear naked choke just a minute into the bout.

"He was a little bigger than me but I wasn't worried about that," Wikstrom said. "I went in there, did my game plan, used the jab, let him close the distance, took it to the ground and finished the fight — just like we teach the Soldiers here to do."

Standing 6-1 and weighing close to 185 pounds, Wikstrom has the type of frame often described as "rangy" by fight pundits. He has to maintain a healthy lifestyle to not only stay close to his fighting weight of 170, but to maintain a high level of cardiovascular fitness. MMA is a combination of fighting techniques such as Brazilian Jiu-Jitsu, boxing, wrestling and Muay Thai, and three four-minute rounds can seem like an eternity for the unprepared combatant.

Wikstrom regularly wakes up at 5:15 a.m. for his road work. He said an average training day consists of running, swimming, weight lifting, healthy eating and practice, practice, practice.

"After lunch one day we might train boxing or kickboxing for an hour," he said. "After work we'll go over some

moves. Like, Monday might be Jiu-Jitsu, the next day mig be just boxing, the next might be just grappling or practic takedowns using the walls (to simulate being in a cage)."

Growing up in Hawaii, Wikstrom said fighting — and all of it a part of organized competition — was a way of 1 for him early on, so the transition into Army combatives a MMA seemed only natural.

He has added grappling — as evidenced by a nice case cauliflower ear — to his Taekwondo and Kajukenbo (a mitial art invented in Hawaii) skills to make himself a more well-rounded fighter. In today's world of evolved MMA, t is essential to anyone who, like Wikstrom, holds aspiratio of turning pro.

"I'm going to Korea in August and I'm still going to train," he said. "I hope to go to Thailand to train in real Muay Thai, come back to the states, and hopefully repress the Army in some more fights and progress. After my nex fight, I think I'll be looking into going pro."

It seems he is already well on his way to establishing a fan base. While many see "cage fighting" as brutal, 7-yea old Teyani Alvarez-Wikstrom just sees Daddy doing what does.

"She loves it; loves seeing me fight," Wikstrom said. "She watched the last fight, called me up and was like, 'O I saw you in the cage.' It makes me proud to be able to do something like this."

Heath.Hamacher@jackson.army.mil



Sgt. Anthony Wikstrom, Staff Sgt. Julian Wiggins & Staff Sgt. John Heisler — collectively known as Te Ruckus — are preparing to travel to Camp Lejeune, N March 28 to battle Marine fighters in a Mixed Martial A competition.

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Photos by Heath Hamacher

Sgt. Anthony Wikstrom, 171st Infantry Brigade, Co. B and assistant Army combatives instructor, serves up a little "ground and pound" to a grappling dummy while training for his upcoming Mixed Martial Arts fight Feb. 22 in St. Louis.



Sgt. Anthony Wikstrom, 171st Infantry Brigade, Co. B, an assistant Army combatives instructor, throws a high kick while working on his striking with training partner and fellow instructor, Staff Sgt. John Heisler.

s and Team , N.C., al Arts

HEALTH ____

Finding, maintaining life's balance

TRICARE Management Activity

For a lot of people, the juggling of career and social life, friends and family, mind and body can make a balanced lifestyle difficult to achieve. Making an effort to achieve a better, healthier lifestyle balance is beneficial to both a person's mental and physical health.

Step one in achieving a healthier, more balanced lifestyle is to recognize potential sources of imbalance. Typical "candidates" for rebalancing are people who are working longer hours but accomplishing less; are physically out of shape; or are feeling stressed out much of the time.

Maintaining balance between competing priorities and taking care of the body's "machinery" can be viewed in much the same way as performing preventive maintenance on an automobile. Failure to do so could leave one broken down by the side of the road awaiting a "tow" at an inconvenient time.

A good way to start rebalancing is by focusing on one's physical condition. Now is a good time to schedule an appointment for preventive checkups. A primary care provider can help determine what kinds of checkups are needed based

on age, sex and medical condition.

Next, the fuel supplied to the body should be examined. Most Americans have too many calories and too much fat in their diets. Focusing on getting more fresh fruits and vegetables and less fat on a daily basis can help arrest that trend toward the upper capacity of the bathroom scale

The final step for the physical rebalancing is to get moving — literally. Regular exercise is an essential element of reducing or maintaining body weight, managing stress and achieving cardiovascular fitness. Walking the two blocks to the store for a loaf of bread or taking the stairs rather than the elevator are good ways to get started.

Managing stress to promote psychological health is the next most important step to take toward lifestyle balance.

Everyone experiences at least some stress every day. However, failure to manage that stress effectively may lead to adverse effects, such as increased stress and may even contribute to a host of physical ailments or worsening of chronic medical conditions.

Possible symptoms of unmanaged

stress include: Frequent headaches; intestinal problems; sleep problems; change in appetite; tense muscles; fatigue; constant worry; irritability; feelings of depression and decreased ability to cope and make decisions.

Everybody should have a strategy for dealing with everyday stress. Regular exercise, maintaining health, breathing exercises and meditation are all common stress management techniques. Anyone suffering from persistent physical symptoms or who feel they need additional help with managing stress should consult his or her primary care providers.

Successfully dealing with life's many demands — and achieving lifestyle balance — requires figuring out what is most important and then prioritizing one's efforts toward achieving success in those "most important" areas while not neglecting other important aspects of life (like physical health).

Failing to find an appropriate balance between work (stay-at-home parents included) and other aspects of life can take a toll — both physically and emotionally.

While achieving lifestyle balance is not an easy or overnight task, the most impor-

tant thing is to recognize the need and to get started.

Here are a few additional tips for becoming more balanced:

- Set priorities and decide what things really matter most. Set boundaries for each requirement and try to stick to them.
- Learn to say "no." If a new task will interfere with basic health maintenance or does not make the "most important" list, it may be best to decline a new opportunity to be able to succeed in a higher priority activity.
- Nobody's perfect. When balancing multiple important priorities, settling for a "good enough" rather than a perfect product may result in getting much more accomplished in the long run.
- Look for ways to manage time more efficiently. Efficient time management leads to increased productivity both at work and at home.
- Get enough sleep. Get exercise even just a walk at lunch. Eat right. Get age- and gender-appropriate checkups.
- Plan time for relaxation, fun and vacation days. These things are much harder to accomplish without planning.

Bake sale food safety tips

1st Lt. William Amerson

Moncrief Army Community Hospital

Bake sales are a commonly used way for an organization to raise money. Organizations sponsoring a bake sale have a responsibility to the consumer to provide safe food. Although baked food items (cakes, cookies) present a lower risk of food-borne illness, under the right circumstances any food can be a carrier of disease. Taking the proper precautions can lower the risk significantly.

Transportation

- Vehicles used for transport should be clean and maintained in good sanitary condition.
- Food should be tightly wrapped to protect from dust, dirt and insects,
 - Food should not be transported with pets.

Packaging

- All food items must be pre-packaged on single service plates or trays (foam, plastic or paper).
- All items should be wrapped completely in plastic wrap, aluminum foil or other single service covering.
- Only containers approved for food storage should be used (no trash bags).

Hand washing

- Food handlers must wash their hands with warm running water and soap prior to handling food, frequently during the sale and after visiting the restroom.
- Hands should be washed thoroughly including wrists, palms, fingers, back of hands and fingernails.
 - Rub hands together for at least 20 seconds.
 - Rinse thoroughly and dry with a paper towel.

Cleaning and sanitizing

- All food contact surfaces must be cleaned with warm water and soap. Use a clean cloth or paper towels. Do not use sponges.
- After cleaning, the work surface should be sanitized with one half teaspoon of chlorine bleach to one quart of water.

Items for sale

Acceptable items for bake sales include ?breads (quick breads and yeast); cakes (except cheesecake or cream-filled); cookies; bars, muffins, candies, dried fruits, herbs and spices; cupcakes (except creamfilled) and fruit pies not requiring refrigeration.

Not acceptable are cheesecake; cream, custard or pumpkin pie; cream-filled cakes, cupcakes, muffins or doughnuts and frosting and fillings made with cream cheese. One should never offer home-canned foods at bake sales.

Food allergens

The eleven most common food allergens are milk, eggs, peanuts, tree nuts (walnuts, cashews, etc), strawberries, citrus, soy, wheat, melon, shellfish and fish.

Some people who are allergic or very sensitive to food can get an allergic reaction by touching or smelling food. Some allergic reactions can be severe and require hospitalization. Consider the following:

- Items containing all or some of these allergens should be labeled.
- Items containing allergens should be positioned away from other items or put on a separate table, if available.
- One or more people should be assigned to handle the sales of allergen free foods.

Pharmacies open on Saturday

On-post pharmacies will now be open Saturdays for customer convenience. The main hospital pharmacy will be open from 7:30 a.m. to noon and the refill pharmacy will be open from 9 a.m. to noon. To refill a prescription: call toll-free (866) 489-0950; call 751-2250; or visit online at http://www.moncrief.amedd.army.mil.

Pharmacy Refills

Refill prescriptions online at www.moncrief.amedd. army.mil/. Look for "Pharmacy Refills Online" on the right side of the Web page. The Post Exchange Refill Pharmacy is the only site to pick up refills called in or ordered online. MEDDAC requires an authorization form to be completed and signed before a spouse, family member or friend can pick up someone else's prescriptions.

Online Formulary

The Department of Pharmacy has provided an online formulary, which can be viewed from any internet connection at http://www.pharmacyonesource.com/fos/default.asp ?L=69557&g=1. This formulary can be printed out and taken to the doctor to make sure that MACH carries a specific medication.

MEDPROS Training

MEDPROS training will be held 1-4 p.m. on the third Friday of every month, at Moncrief Army Community Hospital, Room 9-83 (computer lab). For more information and to register, e-mail *Jaclynne.Smith@amedd.army.mil*.

Helpful Information

Toll-free phone number for MACH is (877) 273-5584 or call locally at 751-CARE (2273), or visit www.moncrief.amedd.army.mil www.tricare.osd.mil

CHAPEL ___

Valentine's Day traced

Chaplain (Lt. Col.) John W. Mims Deputy Installation Chaplain

Many of you are probably not old enough to remember the saying "If the Army wanted you to have a wife (or in today's terms, spouse), it would have issued you one." I really don't know the origin of that saying, but I heard it from a first sergeant a long time ago.

The concept of only single Soldiers serving in the Army has a historical base that goes back to at least the time of Roman Emperor Claudius II. Back then, only single men had to serve in the Army. The emperor banned marriages because all the young men were getting married to avoid being drafted.

There just so happened to be a rogue priest by the name of Valentinus who ignored the ban and continued to perform marriages in secret. (Note the similarity between Valentinus and Valentine maybe a connection.) This, of course had a tragic ending, in that the priest was caught and imprisoned. During his imprisonment, couples would visit and leave him notes could those be the first Valentine cards? Well, coincidentally, Valentinus was beheaded on Feb 14, the date we now celebrate Valentine's Day.

Through the centuries, there were other priests who went by the name, Valentinus. Legend has it that most were martyred "in the name of love" and one became a saint - St. Valentine. While the historical accuracy of these accounts may be suspect, we still find a kernel of truth in them.

A sacrifice made in the name of "love" continues to be a theme in life. Anyone in a relationship understands that there are sacrifices to be made and we gladly make them for the one we love.

Fortunately for all of us, the example of a loving sacrifice comes from a loving God. The love that we encounter from parents, grandparents, husbands, wives or significant others is a love which is first experienced from God.

Some might say that I have taken a secular day and forced religion on it — so be it. But love (not lust) is a unique human emotion that we all strive for — we need to love and we need to be loved. It is part of our makeup as humans.

So as you go about buying that box of chocolates or those dozen roses or whatever gift of affection you plan to provide to that unique person in your life, pause and thank God for having blessed you with someone who loves you, who sacrifices for you, who misses you when you are not there — maybe a wife, husband, boyfriend, girlfriend, mom or dad someone who cares enough to say, "I love

No, a significant other will not keep you out of the Army, but I pray in the

Worship services

- Sunday 8 a.m. and 10:45 a.m. Daniel Circle Chapel (Gospel) 8 a.m. Bayonet Chapel (Hispanic) 9:00 and 10:30 a.m.Magruder 9:00 and 10:30 a.m.magruuer Chapel 9:30 a.m. Main Post Chapel 10:45 a.m. Post-wide Sunday School (Post Chapel) 11 a.m. Daniel Circle Chapel 11 a.m. Chapel Next Chaplain School ■ Wednesday 7p.m. Gospel Mid-week Service Daniel Circle Chapel

- Wednesday / p.m. Gospei Mid-week Service Daniel Circle Chapel PROTESTANT BIBLE STUDY
 Monday 7 p.m. Women's Bible Study (PWOC Post Chapel, Class 209)
 Wednesday 7 p.m. Anderson Street Chapel 7 p.m. Daniel Circle Chapel 7 p.m. Gospel Congregation's Youth (Daniel Circle Chapel)
 Thursday 9:30 a.m. -12:30 p.m. Women's Bible Study (PWOC, Post Chapel) 6 p.m. Neighborhood CMF/OCF Bible Study (Call 790-4699) 7 p.m. LDS Bible Study (Anderson Chapel)
 Saturday 8 a.m. Men's Prayer Breakfast (Post Chapel, (every second Saturday of the month in Chapel Fellowship Hall)
- PROTESTANT YOUTH OF THE CHAPEL
 Sunday 5 p.m. Daniel Circle Chapel
 (1st & 3rd Sundays)
 Wednesday 6:30 p.m. Main Post Chapel

Lutheran/Episcopalian

■ Sunday 8 a.m. Memorial Chapel

unday *8-10 a.m.* Islamic Studies iday *12:30-1:45 p.m.* Jumah Services (both — Main Post Chapel)

Church of Christ

■ Sunday 11:30 a.m. Anderson Chapel

- M-F 11:30 a.m. Mass (Post Chapel)
 Sunday 8 a.m. Mass (Solomon Center)
 11 a.m. Mass (Main Post Chapel)
 9:30 a.m. Mass (120th AG
 Battalion Chapel)
 9:30 a.m. CCD (Education
- Center)
 9:30 a.m. Adult Sunday School
 12:30 a.m. Catholic Youth Ministry
 Wednesday 7 p.m. Rosary
 7:30 p.m. RCIA/Adult Inquiry

■ Sunday 9:30-10:30 a.m. Memorial Chapel 10:30-11:30 a.m. Jewish Book Study (Post Conference Room)

Latter Day Saints

■ Sunday 9:30-11 a.m. Anderson St. Chapel

Daniel Circle Chapel — 3359 Daniel Circle. Corner of Jackson Blvd., 751-4216

Main Post Chapel — 4580 Strom Thurmond Blvd corner of Scales Ave 751-6469 Bayonet Chapel — 9476 Kemper St., 751-

Family Life Chaplain - 4850 Strom Thurmond Blvd. (inside of Main Post Chapel), 751-5780 Anderson St. Chapel — 2335 Anderson St., Corner of Jackson Blvd., 751-7032

Education Center — 4581 Scales Ave.

Magruder Chapel — 4360 Magruder Ave., 751-3883

120th Rec. Bn. Chapel — 1895 Washington

Memorial Chapel — 4470 Jackson Blvd.,

Change in Services

Daniel Circle Chapel will have one worship service 10 a.m., Sunday and Feb. 24.

name of all that is holy that you know this day that someone loves you. Happy Valentine's Day.

FIRST RESPONDER



The following are incidents compiled from reports, complaints or information received from the Fort Jackson Provost Marshal Office.

The incidents reflected are not an adjudication attesting to the guilt or innocence of any person and are provided for informational and reflective purposes only.

Lt. Col. Greg Vibber

Director, Emergency Services/Provost Marshal

Sgt. Maj. Patrick O'Connor Provost Sergeant Major **Billy Forrester** Fire Chief

Cases of the Week

Two Soldiers were arrested in connection with the **theft** of 10 compact discs from the main exchange. Both Soldiers were searched, taken to PMO, processed and released to their units.

Military Police arrested two Soldiers in connection with the theft of Government Property. The two Soldiers pumped gasoline from Victory fuel point into a privately owned vehicle, according to MPs. They were taken to PMO, processed and released to their unit.

A Soldier was issued two citations for drunken driving after failing three standard field sobriety tests following a traffic violation, according to the MPs. The MPs said they pulled over the motorist for continuously driving on the curb in the housing area. The Soldier, who refused to take a breathalyzer test, was taken to PMO, processed and released to his unit.

Tip of the Week

Privately owned weapons must be registered on post. The Military Police Administration, located at 5499 Jackson Blvd, will give away free gun locks for a limited time. The gun locks will be issued on a "first come — first serve" basis. The gun locks will be issued to Soldiers living on post first and will become available to Soldiers residing off post in two weeks.



FORCE PROTECTION THOUGHT OF THE WEEK

Consider YOURSELF a Target

- You and Your Family
- Your Friends & Neighbors
- **Your Fellow Soldiers**
- Your Job
- Your Mission
- Your Unit
- Your Country



LEGAL_

Homeowners save if PMI can be canceled

Capt. Ryan H. Dodd Legal Assistance Attorney

The average Soldier moves eight to 10 times throughout his or her career. As a Soldier moves from post to post and families begin to grow, Soldiers frequently begin to buy and sell houses.

To buy a house, the borrower must put down 20 percent on a home mortgage or most lenders will require Private Mortgage Insurance. PMI provides insurance protection to the lender in case the borrower defaults on the loan. It is paid monthly and is not tax deductible. For this reason, borrowers may want to get rid of PMI.

PMI is typically required on all loan transactions in which the loan to value ratio is 80 percent or greater. This means that if the house was purchased for \$100,000 and the borrower had a down payment of less than \$20,000, PMI will likely have to be paid.

The Homeowners Protection Act of 1998, which took effect in 1999, establishes rules for automatic termination and borrower cancellation of PMI on home mortgages.

These protections apply to home mortgages signed on or after July 1999. Lenders must terminate PMI, with certain exceptions, when 22 percent equity in the home based on the original property value is reached, if mortgage payments are current. These protections do not apply to Veteran's Affairs or government insured Federal Housing Administration loans or loans in which the lender paid PMI.

A lender cannot force a borrower to keep PMI on loans lower than 80 percent of the value. However, a lender will not cancel PMI automatically once the mortgage falls below the 80-percent level. It is up to the borrower to calculate this amount based on the remaining principal balance on the most recent mortgage statement divided by the purchase price of the home. If that number is below 80 percent, then call the lender and find out what the procedure is for removing PMI.

If the borrower has not paid on the loan for very long, he or she may still have PMI removed by virtue of appreciation. The lender will probably require a full appraisal, which will cost \$300 or more.

If the remaining balance on the mortgage is lower than 80 percent of the total value of the house, PMI may be removed.

There are, however, several exceptions which allow a lender to continue charging PMI. For example, if the loan is "high risk" or the borrower has not been current on payments within the year prior to the time for termination or cancellation, lenders may continue charging PMI. PMI may also continue if there are

Legal Assistance Office

Fort Jackson's Legal Assistance Office is located in the Office of the Staff Judge Advocate, 9475 Kershaw Road, and is open from 9 a.m. to 4 p.m., Mondays through Thursdays. Appointments can be made by calling 751-4287.

The office accepts walk-ins for living wills, health care powers of attorney and durable powers of attorney, 1:30-3:30 p.m, Tuesdays and Thursdays.

Walk-ins are welcome for general legal questions and are accepted 9-11 a.m., Thursdays.

other liens on the property. Ask the lender or mortgage service provider for more information about these requirements.

On a loan of \$100,000 with 10 percent down (\$10,000), PMI costs \$40 a month. If PMI is cancelled, that is a saving of \$480 a year and thousands of dollars for the remainder of the loan. Call the lender to find out exactly how much PMI is charged and if it can be terminated or canceled.

For more information, call the Federal Trade Commission toll free at 1-877-FTC-Help or go to the Web site at *www.ftc.gov*.

If you have any further questions about this or any other legal issue, call the Legal Assistance Office at 751-4287 to set up an appointment.

C L A S S I F I E D S

100 Announcements

DESIGNER PURSES, WALLETS AND UMBRELLAS FOR SALE

Also available for purse parties at which the host will receive a complimentary gift. "For the iner things in life at an affordable price". Call Mrs. Parker for details, (843) 321-1631.

East of Eden #650 is sponsoring a Valentine's Day Dance Saturday, February 16 at the Masonic Temple, 2324 Gervais St., 8:00 p.m.-1:00 a.m. Everyone is welcome. 303-318-0725.

For Rent: Beautiful covered space for motor home, camping trailer or 12' wide nobile home. It has a 12x50 covered porch. Very private wlots of shade trees. Not a nobile home park. 15 minutes from Fort Jackson. Call 735-3657.

The FRA (Fleet Reserve Association) Branch and Unit 202 meets monthly at the Vaval Reserve Center, 2620 Lee Rd., Fort Jackson at 1:00 D.m. the 3rd Tuesday of each month. Ladies Auxiliary meets at same time. Ron or Fran, 303-482-4456.

VFW Post 641, 534 S. Beltline 3lvd., Columbia is sponsoring our Friendship/Karaoke Dinner February 23. Dinner at 7 p.m., Karaoke will be R&L group and starts at 8 p.m. All veterans, families and friends always welcome. 803-782-5943.

VFW Post 641, 534 S. Beltline 3Ivd., Columbia will be sponsoring a Valentine Dinner dance February 14. Ted's Famous Prime Rib, music from the Jeff Crider Famous Band. Dinner at 7p.m. Band starts at 3p.m. Veterans, families, riends welcome. 803-782-5943.

101 Child Care

**Little Bright Daycare (State _icensed) has full-time/part-ime openings Mon.-Fri. for 6 weeks-12 years of age. Accepts ABC vouchers. All neals provided. Flexible nours. Clemson Rd. area. Famara Bright (21137), 803-365-5405.

105 Opportunities

Refinance to a low fixed rate. 3ill Johnson, Mile High Bank. 303-432-5689. We lend in all 50 states.

oill@nationalhousingfundingcorp.com

108 Roommate Wanted

Furnished Room for rent in New Home. No drugs or smoker. \$475/month, \$300 security deposit. Kitchen, enced yard, washer and dryer privileges available. Military riendly. Utilities and Direct TV are free. Close to I-77/I-20. 20 minutes from Ft. Jackson. 803-361-8623

108 Roommate Wanted

Furnished room for rent to male or female in a quiet neighborhood in Northeast Columbia near I-77. \$400 per month includes utilities and cable Television. Please call 803-261-2686.

Room for rent. Must be mature, private and quiet. Call 254-3347, leave name and number.

ROOMMATE: Room in exchange for care of inside dogs/cat. 601 & Leesburg area. Leave message (803)243-1736.

200 Help Wanted

Chick-fil-A

Work part-time while your kids are in school. We offer a pleasant working environment, competitive pay and flexible hours. Part time or full time possible. Day or night.

Applications accepted daily,

9-11, 3-6. Chick-fil-A, 5440 Forest Drive, Columbia.

Moms, Dads, Grandparents:
Awesome Opportunity to Work
From Home! Incredible
Support, No Selling. Free
Website and Training!
www.stayinhomeandlovinit.co
m/msioy

OVERSEAS CONTRACTS Earn up to \$212,000 yr. www.middleEastpay.com

REPORTER
Camden Media Company has an immediate opening for a part-time Reporter (20-25 hours per week) for on-post work at its army newspaper, The Fort Jackson Leader. Good pay and working conditions.

Fax resume to: Mike Mischner @ (803)432-7609 or email: mmischner@cicamden.com

Retiree (or Retiring Soon) for Maintenance of Rental House. General knowledge of carpentry, plumbing, electrical, etc. Full or part time. Call 783-3490.

Wanted: Experienced Dental Assistant for dynamic Northeast Columbia office located near Fort Jackson. Pay and benefits are excellent. Immediate Opening. Many phases of dentistry are practiced in this office and we have an excellent crew. We just need one more! Please fax resume to 803-738-0300 or call Tammy at 803-787-9793.

Wanted: Experienced Dental Receptionist for dynamic Northeast Columbia office located near Fort Jackson. Pay and benefits are excellent. Immediate Opening. Many phases of dentistry are practiced in this office and we have an excellent crew. Please fax resume to 803-738-0300 or call Tammy at 803-787-9793

500 Pets

10x10 Dog Kennel with top frame and 8x10 extension with top to make 2 kennels and dog house, \$200. 803-873-6074/6076.

4 female Yorkies, born New Years Day: First shots, deworming, tails docked. \$50 deposit will secure puppy of your choice. Already eating Mushy Puppy Food. Can be released Feb. 12th-26th, just in time for Valentines Day. \$525 Firm. Call 462-1002

French Mastiff (Turner & Hooch), 1 yr. 8 months old. Beautiful deep red coat with a lot of wrinkles. Great family dog. Also can be used as a stud. FIC certified w/health records, shots up to date. \$1500 OBO. 803-873-6074/6076.

Huskie-Shepherd Puppies, blue eyes, beautiful markings. Looking for Good Homes. Asking \$50. Call Brigitte, 865-2698.

My husband has passed away and I must sell 3 of my American Quarter Horses. My asking price is \$800 each. Please call 803-422-0753 for additional information.

Siberian Huskies, CKC Reg. Blue eyes. Will be ready to go March 10. Asking \$400. Call Brigitte, 865-2698.

600 Appliances

FREE Washer and Dryer! Washer works, dryer does not. Must take both! Located in NE Columbia. Call James at (706) 829-3041.

Kenmore 19.2 cu.ft. Upright Freezer, Power miser. Rated as "Kenmore Premium Quality". Almond color, 4 shelves, 4 door shelves and storage basket. Excellent condition, ready to pick up, \$220. Call Norm, 776-3689, Columbia.

Kenmore Washer and Dryer, very good condition, \$300 for both. Call 803-740-6295.

Kenmore white electric stove and dishwasher (like new) barely used. Good condition. If interested please call 803-454-5184.

White Kenmore Washer and Dryer: Washer, Heavy Duty, Super Capacity. Dryer, Electric, \$550 OBO. Black Kenmore Refrigerator/Freezer with double door, filtered ice and water through the door, \$600. All items are in excellent condition. If interested contact Mark at 803-315-6619.

601 Electronics

52 inch HDTV (\$1800 value) selling for \$900 OBO. Hitachi rear projection HDTV, less than one year old. Too big for apartment. Need to sell ASAP. Any questions contact SSG Salas @ 803-917-5181.

Dell Computer with Windows XP. Hewlett Packard Photosmart Printer and Speakers. Great for student's homework, \$200. 786-1004.

601 Electronics

Gateway Computer, great condition, includes monitor, keyboard, tower, mouse and webcam. Great deal, \$200. Call Kim, 803-546-4109.

Panasonic Sony Video8 camera recorder/VCR combination. Mdl. CCD-FX410, 10X lens. Must see to appreciate excellent condition. \$125 OBO. Computer color monitor. 14" \$35 OBO. Multi Media Stereo Speaker set with woofer, \$10. Micro cassette recorder, \$7 OBO. 803-787-5385

602 Furniture

7 piece Louis Phillippe Bedroom Set, \$865. Living and Dining Room Furniture, 50%-70% off retail. Financing Available. Can Deliver. Call 803-319-8043.

Bedroom Dresser and TV Armoire for sale, \$100. Call Brigitte, 865-2698.

Brand New Mattress Sets:
Still in plastic, Queen set starting at \$180. King set, \$325. Full and twin sizes also available. Can Deliver. 803-319-8043.

Cherry wood and glass Dining Room Set: Table, 6 chairs, hutch and buffet (china cabinet), Matching coffee table w/2 end tables, \$650. Will sel round Dining Room Table with 4 chairs, \$50. Can email pictures. 803-790-9290.

Dining room table with 5 chairs, \$125 OBO. Pool table, accessories included, \$325 OBO. Can email pictures. Contact 254-449-0882.

Loveseat, microfiber, tan color, \$100. Glass Table with 4 chairs, antique iron, \$120. Grandfather Clock from Germany (white wood), \$800 OBO. For more info call 803-865-7259 or 803-354-8339.

New Ashley Black Dining Room Table with leaf and 6 padded matching chairs, \$600. Must See! Must Sell! Call 803-477-1002.

Queen Sleeper Sofa, new \$1200, selling for \$100. Good condition. Antique Singer Sewing Machine with original cabinet, \$50. 803-786-1004.

Sofa and Chaise, microfiber, red, \$350, only a year old. Also, Ladies Clothing, size 8-10. For more info call 803-736-0378 or 803-530-3593.

Sofa, loveseat and chair by Bassett, plush gold tweed fabric, like new, only 3 years old, \$900 OBO. Call 803-356-5962 or 803-800-2864.

Stanley Solid Wood Dining Room set with 6 chairs. Beautiful Breakfront to match. Custom made table pads, \$650 OBO. Phone 803-419-0401.

Toddler Car Bed with mattress, \$50 OBO. Please call 803-479-4439.

Wicker Dining Set with glass top and 6 chairs, custom made in Philippines. Asking \$500 OBO. Please call 787-0046. 602 Furniture

White girl's daybed w/under bed trundle, no mattresses, \$10. 2 cloth desk chairs (1 black/1 tan) with compartments and can be washed, \$5/ea. 2 black/silver shelves, \$4 for both. Call 462-1002

603 Miscellaneous for Sale

2 ea. Comfort Glow Natural Gas Heaters, seldom used, manual included, \$50 each. Avalon XLS 03, fully loaded, navigation system, one owner, \$15,000. Roll top desk, \$90. Contact 803-750-7518, 609-2188 or 609-2302.

2007 110cc Four Wheeler. Bright Pink. My daughter has lost interest. Ridden very little. Has electric start. Very nice ATV. \$800. Serious inquiries only. Call 864-363-4760.

55 gal. Fish Tank w/black wooden cabinet/stand, filtration system, all decorations including rocks. Son is moving-can't carry. Very beautiful when set up. No fish included. Paid \$600+, asking \$200. Must schedule for pickup or will deliver for \$100 extra. 803-237-4041.

90 ft. chain link fence with single gate, \$75. Baby crib with mattress, \$50. Call 782-6513.

Adidas & Nike Soccer Cleats, excellent condition, size kids 10M, 11 & 12 1/2, \$10 each. Call 803-439-1349.

Baby items for sale: Evenflo Exersaucer, Safety First high chair, Stroller and carseat musical toys and many other baby toys. All in good condition. Please call for more information. Brandy, 463-0696. Beige carpet, 15x20, with padding, less than 1 year old, \$200. Please call 803-546-6237.

Bowflex XLT, purchased in 2000, excellent condition, asking \$300. Purchased new machine-need to sell this one. Call 788-4529(H) or 803-237-1120(C).

For Sale: 4 chrome wheels with tires w/lugs ready to install. Tires 305/40/23. 8 months old. No scratches. Wheels are universal. They came off a Chevy Avalanche. Great gift to spark your truck to new level. \$2000 OBO. Marco, 803-873-6076

Formal Dresses: Black/silver sequined, size 8, \$140. Black mermaid style, size 8, w/diamond cut holes, \$40. Fuchsia, size 5, w/train, \$40. Marilyn Monroe style, size 9-10, \$30. Blue/silver sequinedsign, size med., \$30. Purple sequined, size 10, \$40. 803-237-4041

Graco Infant to Youth Highchair, 2 trays, 3 heights, 6 reclines, great condition, \$40. Evenflo Infant Entertainer/Saucer, \$15. Call 803-439-1349.

603 Miscellaneous for Sale

GW Warhammer: HUGE LOT for sale (600+ pieces). O&G, Chaos, Spacewolves & IG (GW carrying case INCLUDED!!), \$500 OBO. Please email Warhammerstyle@yahoo.com for complete list of miniatures or call (803)528-8095.

Large Air Hockey Table, \$20. Child's car seat (for older child that still needs a boost), \$5. Call 462-1002.

Merits electric wheelchair, excellent condition, \$800 OBO. Shopsmith Mark V Home Workshop System with vacuum and accessories, \$1000 OBO. GE Water Cooler (hot and cold), excellent for shop, \$50. HDC Homier 5 speed drill press, \$50. 803-786-1004.

Muzino Hybird Irons, 21 degree steel shaft stiff flex and 25 degree graphite shaft stiff flex, excellent condition, like new, only used on range. Owner switched to Hybird Woods, \$100 for both or \$60 each. Call 803-237-4041.

Nike Ignite Driver 410/8.5 degree, great condition, 1 yr. old w/new Winn Grip, original graphite shaft, \$60. Nike Ignite Woods: 7 and 9 w/New Winn Grips, great condition, like new, rarely used, \$100 for both or \$60 each. 803-237-4041

Queen Size Serta Perfect Sleeper Mattress with Box Spring, good condition, \$125 OBO. Full Size Mattress with Box Spring, good condition, \$90 OBO. Please call 803-479-4439.

Radio Shack USV Hub (4 ports), \$5. 2 Keyboards, \$8 each. 2 kerosene Heaters, one for \$45, one for \$15. Kitchen ceiling light (4-48" fluorescent bulbs). Wooden frame with plastic cover, \$30. 803-787-5385.

RIMS for sale for a 2007 Dodge Ram, Deep Dish Chrome, 20 inch, brand new, still in box. Contact Carl, 803-546-6700 anytime.

Sears 12 gauge pump shotgun, \$100. 40 cal. Glock model 27 pistol, new, \$200. Daisy air pistol, new, \$25. Kohler 8 hp Tiller, new, \$2000, selling for \$300. 803-786-1004.

Twin boy's Clothing, 0-3 thru 2T-3T. Several winter and summer shirts, pants, shorts, outfits. Will sell for twins or individually. Prices \$1.00-\$4.00). Women's size 7-8 and 9-10 dress pants, \$4.00 each. Women's shirts, size med., \$2.00 ea. Call 254-449-0882.

701 Duplex for Rent

3 Bedroom, 3 Bath spacious 1750 sq ft condo situated one row off arcadia lake. Safe pool, tennis \$975.00. Cable included. Military Discount. Call 803-787-9508

One side of duplex for rent. 910 sq.ft., washer/dryer 2BR, 2BA, hookups and wood burning fireplace. Close to Fort and Columbia Mall off Decker Blvd. \$575/mo. plus \$575 deposit. Ap. fee and credit check fee apply. William, 788-2644, M-F, 9:30-6:00.

702 Houses for Rent

1014 Henry Curtis St., close to Fort Jackson and VA. 4BR, 2BA house with fenced back yard, FP, FR, W/D, carport. Available 2/15/08. Rent \$950 plus security deposit. Call 803-477-8752 or 803-865-6075, leave message.

3-5 minutes from Gate 5: 3 Bedrooms, 2 Baths, LR/DR, garage. Stove and refrigerator. large fenced in back yard. No Security required. \$750 per month. Call

3/4 Bedroom, 2 Bath, 2700 sq.ft, 2-car Garage, near Ft. Jackson back gate. Available 9 Feb. \$1025 per month. Call CMM Realty, 803-779-1844.

414 Fox Trot Dr. 4BR, 2.5BA House in Northeast. Fenced backvard, sprinkler system, Large Master Suite and hers walk-in closets. \$1195 with year lease and \$1195 deposit. Call 800-650-7415 #9000.

420 Sheridan Dr. Beautiful 3 Bedroom, 2 Bath home in Northeast Columbia close to Fort Jackson. Living Room, Dining Room and eat-in kitchen. Rent is \$850 w/1 year lease. First and last months plus security deposit due at move-in. 803-600-0930.

4BR/3BA on 1 acre Lexington/Red Bank, approx. 30 min. to Base. Master bath w/garden tub, walk-in closet. LR w/Fireplace. 1 car garage. White kitchen w/bay window. \$1200/month + deposit. Pets negotiable. Tom or Chris. 321-745-2306. Avail 5/1 or earlier.

Beautiful Home in Gated Community: 3 Bedrooms, 2 Baths, 2 car garage, fenced yard. Very convenient to Ft. Jackson. Credit it Required. See www.ahrn.com keyword "adv2" or Call 803-528-3863.

Brand New Rehab Trenholm Rd: 3BR/3BA completely Luxurious. Granite counter rehabbed. stainless steel tops, appliances, hardwood floor, new deck looking over big backvard. Perfect location just steps from Beltline. \$1250/mo. Prefer better credit renters. Call 803-791-0455.

Quiet/safe country living, NE Columbia/Elgin area. 3BR/2BA home, newer subdivision w/fresh paint, carpet, wood floors. 20 minutes to Fort Jackson, 5 minutes to Village at Sandhills. No Pets. Nonsmokers. All appliances. \$950/month, \$950/deposit. 1 yr. lease. Available 2/15/08. Ryan, 912-572-8623/803-438-

702 **Houses for Rent**

GORGEOUS VIEW: 3BR. 3BA House, 2000+ sq.ft. On The Lake. Quiet, gated community. Cable, lots of closets, deck, screened porch, clubhouse w/pool, tennis, lakes, fishing. No Yard Work. Near Ft. Jackson Gate 5, I-77, VA and Med. 1200/month plus School. security deposit. Minimum 1 year lease. Call 803-782-4228 or 803-206-3992

House for rent or own, close to Gate 5 off Leesburg Rd., 120 Crestmore Dr. 3BR, 2BA, W/D hookups, fenced yard with deck, garage, some wood fireplace. fridae. floors. dishwasher and stove. Pets allowed. 1500 sq.ft. \$850/month. Call 317-781-0563.

House for Rent, Near Fort Jackson, 7608 Sunview Dr., Columbia. AC Flora and Crayton School zone. 3BR, 2BA, 2000 sq.ft. Brick Home. Large fenced yard. \$1000 per month or \$950 with allotment. Security Deposit required. Call 843-321-0851 or email candip@tiasc.biz

House for Rent/Own. Just about 5 minutes outside Leesburg Gate. 3 Bedrooms, 2 Full Baths. Fenced in back yard. Screened porch, fireplace. Estimated 1600 sq.ft. allowed at owner's discretion. Please call cell, 210-473-2867.

Lake Carolina-Harborside: Community of the year-7th year in a row. Two brand new 3 Bedroom, 2 1/2 Bath Homes with Garages. All appliances included. 120 Ratchford Way, \$1575/mo. 305 Long Pointe \$1450/mo. smokers, please. Call 1-803-

Must See! New Garden Homes in NE, close to FJ. 3BR, 2BA, one story, designer plans, screened porch. Behind Spring Valley CC at Flora Dr. and Winterberry Ln. \$900 per month. Military Discount on Deposit. Call Jerry, 803-600-7783.

NEW HOME FOR RENT. SE **COLUMBIA, HONEY TREE:**

4 Bedrooms, 2.5 Baths, Double Car Garage, \$1050 per Minutes from Ft. Jackson Gate 5 and Downtown. Call Jody Styron at 360-1558. Realty & Marketing Services.

Northeast: 4 Bedrooms, 2.5 Baths, 2 car garage, fenced yard, awesome deck. Great location with excellent schools. Pets allowed with deposit. Credit Check Required. See it at www.ahrn.com keyword "adv1" or Call 803-528-3863.

The Summit: 3BR/2BA Brick. cul-de-sac. 4 years old, large sodded and fenced yard. Hardwood floors, bonus room, eat-in kitchen, formal dining, 2 car garage. Richland 2 Schools. 13 miles to Fort. 1 lease. Pets w/deposit. \$1300/month. Available 4/15. 803-206-4881

703 Apartments for Rent

5516 Lakeshore Drive: 2 Bedroom Condominium available February, 2008. \$775. Security Deposit Same. 2 Bathroom, Kitchen, Living Room, Balcony. Water and sewer included. 5 minutes from Fort Jackson. Private Community. No smokers, pets or "waterbeds". Contact 803-331-2605 or ginagate@gmail.com

Condo for Rent: 2 Bedrooms, 1 1/2 Baths, up and down. Washer/Dryer Hookups, Pool. Point Arcadia on Decker Blvd. \$650 + water and sewer. 788-

1914.

Immediate Occupancy: 3BR, 2.5BA Condo. 1600sq.ft. Private outside sitting area. Excellent closet space, private storage shed. washer/dryer, Stacked Refrigerator-stove-disposal-

dishwasher all great condition. 1.5 miles from Ft. Jackson. \$750/month. Special rate for NCO's. Please. No Pets. Jack Van Loan, 803-429-2178.

Lovely 1500 square foot Condo, three bedrooms, two baths, located on a Lower Richland horse farm. Convenient to Fort Jackson. Available February 15th. Rent is only \$700 per month. For information call 776-

704 Mobile Homes for Rent

Singlewide Mobile Home on private lot: 3 Richland School 1.5 acre Bedrooms, District Very clean. Fireplace, Washer/Drver. Dishwasher. \$600 per month plus deposit. Call 803-518-3648.

800 **Land for Sale**

One Acre Lot For Sale: Mobile Home ready, Porter Rd., Cassatt. Call Terry, 803-572-1314.

802 **Resort for Sale**

FSBO: 2BR Timeshare on the beach at Myrtle Beach, week #15 (mid April). Sleeps 6, close to shows, shopping, golf. Numerous amenities. Membership in RCI (allows world-wide trading ability). Priced for quick sale, \$6500. For more info call 803-481-8032, lv.msg.

803 Business for Sale

For Sale: Well established Stump Grinding Business. Serving Columbia and surrounding areas for eight years. Includes everything needed to get started right away. Call Freddie Rast @ (803) 730-8948.

805 House for Sale

****Forest Lake/Forest Acres: Former residence of General Robert B. Solomon. Fully updated, 3200 sq.ft plus 300 sq.ft sunroom. Open floorplan, large lot. 5 minutes commute to Fort. \$339,900. Steve, 312-

1 year old 2990 sq.ft Home in Longtown Place Subdivision: 2.5BA, extra large 4BR. FROG. Stainless steel kitchen. Largest lot in Subdivision. 2 car garage, alarm system.
Only 252k. Email for pics Robabrown.bz@gmail.com or 803-290-4784. Serious inquiries only, please.

3712 Baywater Dr., \$81,900. Nice 3BR, 1.5BA Brick Home w/carport. Hardwoods throughout. W/D connections. Special financing available. 0 down and less than \$600 a month. Perfect credit not required. Payment includes taxes and insurance. Call 803-361-2185 or 803-960-9504.

4 Bedroom, 2 Bath, 2000 SF, single story SE Home. 5 minutes to Post! 4 years old. VERY open floor plan. Fenced backyard, 2 car garage, Berber carpet, tiled baths, surround sound, quiet cul-de-sac. Lake view. Community \$159,900. 803-727-2218.

4BR, 2 1/2BA 2 story Home located in award winning School District 2 and newly constructed Sandhills Village. Built in 2005. Appliances included. Owner will pay \$2000 toward closing costs. Selling for \$154,500. Must Sell. Call 803-800-7187, Latrice. lovetrice77@aol.com 4BR/2.5BA, 2000sq.ft, built in 2007: Garden tub in master bath, walk-in closets, space, large garage. Unique home, 15 minutes from Post (I-77N to exit 22). 333 Stimson Lane, Columbia. Brookhaven Subdivision. Close to Richland 2 Schools. \$149,000. Chris, 803-233-6138.

5828 N. Trenholm Rd., \$259,000. 3BR, 2BA on .7 acre private lot in Forest Lake area. Hardwoods throughout including kitchen. w/built-in bookcases. kitchen. Study Den w/FP, Formal LR & DR. Large Florida Room w/vaulted ceiling. Renovated in 2004. Wonderful Schools. 787-5679.

All Brick Custom Home: \$289.900. 3BR. 2.5BA w/FROG. Situated on large half acre private wooded lot which backs up to Wetlands. Heavy molding, high ceilings. Great quality with attention to detail. Screened porch opens to deck with Jacuzzi. A Must See! 1 year Home Warranty Offered. \$2200/month. Call 803-960-1765.

Awesome 3BR, 2.5BA with FROG, all Brick Home in Ashley Place Subdivision, NE Columbia. 2480 sq.ft. Large MBR. Fenced, landscaped yard. Fireplace, new carpet, 3 walk-in closets, \$219,900. For more information see

Propertyshow.com, Bev05 or call 803-754-8295.

Gorgeous Colorado Springs, CO home near Ft. Carson and Peterson AFB. 3BR, 3BA, 2082 sq.ft. \$195.5K. New paint, flooring and fixtures. Many upgrades! Call Randy, (719) 393-1400.

805 House for Sale

FSBO. Near Fort Jackson. 7608 Sunview Dr., Columbia. AC Flora and Crayton School zone. 3BR, 2BA, 2000 sq.ft. Home. Large fenced yard. Home has been updated. Priced to sell fast! \$125,000. Lease to Own Option. Call 843-321-0851 or email candip@tiasc.biz

FSBO: 1 Fountain Lake Place: 3BR, 2.5BA, 2 story house, 1870sq.ft., on large corner culde-sac lot. Nice neighborhood w/easy access to shopping, Hwy. 378, I-77, I-26. Richland One Schools. 10 min. from

Fort Jackson. Mid 140's. Call to view, 803-776-4380. Forest Lake/Forest FSBO: style Brick Ranch Acres. 2366sq.ft., 3BR/2BA, LR & DR, Den Home, Formal Office w/fireplace, area w/adjacent sunroom. Hardwoods throughout, tiled bathrooms. Newly renovated windows, kitchen w/granite. Private fenced backyard. .66 acre. Close to Fort/Downtown. \$154,900. Chuck/Ruth, 803-787-5679.

HOME BUYERS: Downpayment, Closing cost, Mortgage insurance, No requirement for perfect credit. Below-market interest rate and/or up to \$20,000 in downpayment assistance! Call 318-4208, 422-3972. Exit Sandlapper Realty.

House 4 sale, Summit, 2025 sa.ft., 4BR. 2.5BA. eat-in kitchen, LR, DR, Family Rm., 2 car garage. Sprinkler system, fenced yard. District 2. \$146,500. To view call Ms. Cunningham, 351-3113.

Lake Carolina Community (Berkeley Sub.), less than 2 yrs. old in cul-de-sac. 4BR/3BA, 2864 sq.ft. Excellent schools, new YMCA 1 mile away. 10 min. from Sandhills. Beautiful, open kit/family rm., fireplace, sunroom, fenced/sodded backyard. Auto. sprinklers. \$242K (FSBO). Johnny, 803-518-\$242K 4210.

NE Beauty: 2600+ sq.ft. home in Landsdowne Subdivision. Heritage floorplan. 4BR, 2 1/2 BA, formals, huge master, many upgrades. Move-in many upgrades. Move-in ready. For Sale \$195,500 or Lease \$1550/month. Call 736-6027.

NEW HOME FOR SALE SE COLUMBIA, HONEY TREE:

4 Bedrooms, 2.5 Baths, Double Car Garage, from \$99,999. Minutes from Fort Jackson Gate 5 and Downtown. Call Jody Styron at (803) 360-1558. Realty & Marketing Services. **NEW TO FORT JACKSON?**

BEAUTIFUL BRICK HOME.

Open floor plan, eat-in kitchen.

Master BR w/screened porch. Bonus Room over garage, Gated Community. \$214,500. Let's get started. Cathy Jordan, 803-758-1689 CBUR Cathy NEW TO FORT JACKSON? COZY DOWNTOWN CONDO. Brand new 2BR/2BA Condo. Commute free drive to Ft. Jackson. Gated Community fitness center \$259,900. Let's get started. **Cathy Jordan, 803-758-1689** CBUR

805 House for Sale

NEW TO FORT JACKSON? LET ME HELP you with getting settled FAST, easy commutes and great schools! I have several homes ready to move in TODAY. I can find your perfect home. Let's get started. Cathy Jordan, 803-758-1689 CBUR

NEW TO FORT JACKSON? LOVELY LIVING IN ELGIN. 3BR/2BA home. ceilings, Gas fireplace, private wooded backyard. \$159,900. started. Jordan, 803-758-1689 CBUR

Patio Home, Reduced! \$99,900. Near Gate 5, built just 18 months ago. 2 car parking pad. All Appliances included. Major Charles Still, Real Partners, 803-233-7544. Real Estate

Perfect Northeast Location \$133,500, 3BR/2BA w/FROG on excellent lot. Huge fenced backyard, open floor plan, vaulted ceiling in FML room and MBR. Minutes to Sandhills Shopping Center, movies, library, fitness center and YMCA. Home Warranty. Call Hazel Brooks, 479-4235.

REFLECTIONS in Southeast Columbia: Premier Brick Garden Home in Gated Community. 3 Bedrooms, 2 Baths. Eat-in tiled kitchen. Lots of closets and storage space. Brick walled backyard with patio and porches. Double garage. A "Must See" a \$165,500. Call 803-783-6440. "Must See" at

VA Hosp./Leesburg Rd. 4BR, 2BA, Cathedral ceilings. Attached rented apartment for \$400. Get cash back monthly to help pay \$87,000 mortgage. Money Down, Closing. Free Furniture/Appliances. Will only show with pre-approved mortgage loan amount or cash sale. 803-695-5376.

806 Condos for Sale

Hampton Hills Condo. \$37,000. Clean 2/1 Condo. Hardwoods throughout. Large LR/DR combination. New stove, dishwasher, HVAC unit and hot water heater. Unit is vacant, so it can be purchased by owner occupant or used as an investment. Could be rented for \$575 per month as an investment. Call Sandy, 803-960-2529.

807 Mobile Homes for Sale

2 Bedroom, 2 Bath Trailer located in Lexington, SC. New flooring and kitchen buffet. Only \$4500. For more info call Shirley at 803-397-6834.

2001 Fleetwood Doublewide Mobile Home on 1.2 acre. 4BR, 2BA, LR, Den. MBR with walk-in closet, double vanity, garden tub, separate shower. porch, back deck Fenced backyard w/barn. 1920 sq.ft. Appraised at \$89,000. Motivated sellers-make offer. Ryan Barnes, 803-739-2268.

900 **Autos for Sale**

1998 Chevy Conversion Van with Handicap Lift Loaded. \$7000 OBO. Call 776-4715.

1996 Jeep Grand Cherokee Laredo. New Transmission. Borla Stainless Steel Exhaust. K&N Cold Air Intake, Trailer Hitch. New Tires, full spare. Needs rear brakes and front sway bar link. Great to fix up or use for parts. \$2500. Jason, 315-402-9530.

2000 XJ8 British Jaguar, 61,000 miles, fully loaded, great condition, \$16,900 OBO. Contact Candy, 419-3677.

2002 Mercury Grand Marquis, 38K miles, excellent condition, for sale by original owner. Light blue exterior/interior. PS, PW, PL, auto., AC, AM/FM/cassette. Driven by non-smoker, garage kept since bought. \$13,500. Call Norm, 776-3689, Columbia.

2007 Toyota FJ Cruiser, 13,000 miles, 16/20 mpg, 4.0L, 4wd, V6, 5 speed auto, AC, CD Player, rear window defogger, 2 full doors and 2 access doors, rear hatch window and much. much more. \$28,000. Call 803-466-1520 for more details.

2007 Toyota Salara Convertible, taupe with tan convertible top, Professional one owner. Garage kept. Power everything, Bluetooth. automatic, Remainder factory warranty. Non-smoker. Asking \$24,995. Call 781-3842 or 467-6786. Serious inquiries only.

90 NISSAN 300ZX, 5 speed coupe. T-Tops, black with black/gray interior, AC, custom exhaust, 184,000 miles. Great car. Asking \$6600 OBO. Call 803-730-6114

'95 automatic Chevy Camaro Z28 Convertible! Vinyl tan top. Fresh new metallic hunter green paint. Racing tires. Custom sound system, just needs amp. Only 96K. Well taken care of and in great condition! \$6500. Call Steve, (816) 738-3828.

98 Saturn SL for sale: White, very good condition, 102,300 miles. \$1250 OBO. Please call (803) 528-8095 for details.

For Sale: Good condition 1994 Mustang GT 5.0 automatic, Yellow, Flow Master H-pipe. 373 gears and Sony single disc player. Interior in great condition. 140K. Runs Great. \$5000 OBO. Call 803-351-2702 for more information.

Ford Explorer, 91, good condition, low mileage, \$1650. Ford Escort, 97, red, 4 cylinder, 5 speed, 150,000 miles, great condition, \$2550. 99 Dodge Neon, green, 140,000 miles, automatic, good condition, \$2550. Call 360-7839 or 414-1361.

Honda Civic, 1993, standard, very clean, good condition, \$3250. Call 360-7839 or 414-1361.

900 **Autos for Sale**

Must Sell: 2008 Toyota Corolla CE: 5 speed, AC, cruise, custom radio, electric mirrors. 38+ mpg. 7,000 miles. All South Credit Union wholesale value is \$14,696. Take it for \$14,100. Call Gary McGee, 803-917-4256

Special Edition Chrysler 300M, 2004, black, automatic, fully loaded, Navigation System, sunroof, leather, 120,000 miles, like new. Must See. \$10.500. BMW 325, automatic, 93, leather seats sunroof, rims, \$3200. Call 360-7839 or 414-1361.

901 Trucks for Sale

1998 Chevy S-10 Longbed, good condition, 129,000 miles. \$3000 OBO. Call Jeff @ 803-865-5199.

2006 Ford F150 2WD, 20 mpg., keyless entry, 11K miles, reg. cab, long bed. AM/FM/CD Player, tilt wheel, 11K bedliner. Like new inside and out. \$13,950. 606-309-3290.

94 Dodge Ram 1500, good condition, \$2550. Call 360-7839 or 414-1361.

902 Boats/Equipment

Boat for Sale: 1999 Triton TR-17 Bass Boat, 115 hp Mercury O/B, matching trailer. 2 Live wells, trolling motor, fish finder, dual console. Excellent boat in very good condition. Already serviced in 2008 and water ready. \$5500. Call 803-351-

903 Motorcycles/Mopeds

1992 Honda CBR 600 F2 Super Sport. New tires, sprockets, chain and fork seals. Runs Great. \$2900. Call Jason, 315-402-9530.

1997 Honda Pacific Coast Limited Edition, (Collector Series), fire red great condition, garage kept/covered, new tires. Good starter bike/or great for commuting to/from work. Comes w/2 red full face helmets matching bike. Less than 8000 miles. \$4000 Firm. 803-237-4041.

2001 Blue Yamaha V-Star 65 Classic Motorcycle with windshield, only 6,000 miles. This bike is like new. \$3500. Call 803-492-3327 or 803-971-9495

2001 Honda VTX 1800cc Goldwing, sunburst red, ex. cond., like new. Garage kept/covered. Fully loaded. 6 disc CD changer, CB capability, AM/FM stereo. 2 helmets w/internal black communication speakers. New tires and battery, less than 8000 miles. \$9500 Firm. 803-237-4041.

2002 Harley-Davidson XL 1200C. Impact (electric) blue, SE slip-ons, SE Dyno-Jet Kit, SE High-Flow (K&N) Air Filter Kit. 1620 miles. Original owner. Clear title. Better than new. \$8500 OBO. (803) 462-

2007 500cc, Kawasaki silver/red, \$4500. Garage stored and covered. 803-466-

903 Motorcycles/Mopeds

Motorcycle: 2007 Quadrunner, yellow and black hybrid. My son has ridden and is ready to move up to something bigger. Has electric start and reverse. Nice machine! \$1200. Serious inquiries only. Call 864-363-

903 Trailers Campers

1995 Southwind (Fleetwood) Motor Home: 460 gas engine, power leveling jacks. \$22,000 OBO. Fully equipped, sleeps 8. Generator, 25" TV, gas stove, refrig (gas/elec.), screened section for front roolout cover. CH/AC, 2 elec. bikes, Bathroom w/tub. 803-781-8962 or 803-730-6740.

2000 Coachman Mirada, Class A, Satellite TV, Range w/oven, 4KW Onan Generator and much, much more. \$30,000. Call 803-466-1520 for more

REGIONAL CLASSIFIEDS

Announcements

AIRLINES ARE HIRING -Training for high paying Aviation Maintenance Career. FAA approved program. Financial aid if qualified - Job placement assistance. Call Aviation Institute of Maintenance (888)349-5387

ATTEND COLLEGE ONLINE from home. Medical, business, paralegal, computers, criminal justice. Job placement assistance. Computer available, financial aid, if qualified. Call 866-858-2121.

www.OnlineTidewaterTech.com CONTRACTORS SEMINARS, INC. Exam preparation to obtain SC state license.

General, residential & Mechanical contractors, Certified Pool Operators, Grading, Paving, Sewer. Call 803-772-9596. www.scexams.com

Indoor Flea Market with heat & air Opening Soon in Elgin. Rent a Table call 408-0828.

PIANO/KEYBOARD LESSONS BY EAR! ASK
ABOUT GROUP LESSONS!
ASK
ABOUT FREE SEMINARS! SENIORS-KIDS ALL AGES. (DVD'S ALSO) PENNY(803)432-4637. Auctions

ANNOUNCE YOUR AUCTION IN 102 S.C. newspapers for only \$360. Your 25-word classified ad will reach more than 2.8 million readers. Call Jimmie Havnes at the S.C. Newspaper Network at 1-888-727-7377.

AUCTION Every Thursday night at 6:30. First sale February 21, 2008. New Rules. We will sell all of one persons stuff before we start another. We will pay that night. If you don't sell somethingyou must carry it back. For more information call Lem 803-600-1861. LIC#3972.

Carolina Skiff J16.

Yamaha 40hp 4-stroke. 1 year old. low hours. platforms(livewell in rear), center console w/cooler seat.
Trolling motor and 2 sonars(1 with GPS). \$10000.00. Call Sam at 803-397-7149.

Business

Opportunity ALL CASH CANDY ROUTE.

you earn \$800 in a day? Your own local candy route. Includes 30 Machines and Candy. All for \$9,995. 1-888-771-3501.

FOR LEASE: Beauty Shop, Barber Shop, or Office Space. Call Judy Clyburn 803-438-6402 Child Care

IN HOME DAYCARE

DSS Registered #21028. Non Smoking. Lugoff area. Opening available now. Please call 408-Employment

Driver Trainees Needed No CDL? No Problem!

Earn up to \$900/wk. Home weekends w/TMC Company endorsed CDL Training 1-888-263-7364

HEAVY EQUIPMENT OPERATORS EARN BIG MONEY

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Assistant Project Manager Must have experience completing jobs on time & on budget, general construction skills & project mgmt. experience. Will train in restoration. Salary + Benefits. Fax resume to 803-788-8923 or call

Cleaner House immediately once a week, preferably Thursday/Friday. Lake Wateree side of Camden on the lake. Must provide references and have own transportation. Good wages for the right person. Please call Nancy at 803-432-4035.

Light industrial needs. Columbia. Must have clean background. Pridestaff 803-782-

Monumental Life Insurance Company

is looking for professionals who can provide excellent service to existing customers and add new clients to an established book of business in Columbia, Camden and surrounding areas. We offer paid training, comprehensive benefits and above average earnings. Please call Causey at (803)791-0169 or email rodneycausey@bellsouth.net. EOE M/F/D/V

POSTAL JOBS \$17.89-\$28.27/hr. now hiring. Paid training provided. For application and free government job information call American Assoc. of Labor 1-913-599-8226, 24 hrs. emp. serv.

Specialty Medical Practice has opening for front office position. Experience in a medical office setting and knowledge of insurance requirements is a must. Please send resume to: P.O. Box 1509, Lugoff, SC 29078.

MILE 50¢/LOADED Pay! \$1000 STARTING sign-on to qualified OTR FB drivers! 800-845-4932 ext. 231 www.bulldoghiway.com

Assistant Manager position available with The Yard Store Company, Inc. in Lugoff. Seeking self-motivated organized person to assist in daily operations, Monday- Saturday. Must be able to lift 50 lbs., have positive customer service skills & have clean driving record. Competitive pay & vacation after 6 months. Apply in person at 1934 Whiting Road or email careers@theyardstore.net

Baptist Church in need Minister of Music. 438-5071.

Employment

'CAN YOU DIG IT?" Heavy Equipment School. 3 wk. training program. Backhoes, bulldozers, trackhoes. Local job placement asst. Start digging dirt now. 866-362-6497 or 888-707-6886.

Caregivers

Do you love the elderly? We are seeking compassionate people and CNA's to help seniors at home. Richland and Kershaw counties, and Cola areas. PT, days & wknd. shifts w/flex scheduling available. Exp. Preferred. Call RetireEASE (803)865-5033 or Local 408-1500.

Christian Community Ministries, a local non-profit crisis ministry, is seeking part-time store Manager. Oversee daily operations of Second Look Thrift Store and coordinate activities of volunteers. Supervisory skills, leadership and customer service experience needed. 26 hours per week as follows: Hours 9:30-5:30 W-F, 9:30-2:30 S. Salary to \$11,000.00. Send resume to: CCM Search Committee, P.O. Box 1712, Camden, SC 29020.

COLONIAL SUPPLEMENTAL INSURANCE seeking business salespersons. Average commission \$56K per year. Training & leads. Call Kristi at 803-467-7007.

DON'T LOSE YOUR ACTIVE DUTY CREDIT. Get a retirement with the Army National Guard. Call 1-800-GO-GUARD

DRIVER HOMETIME, GUARANTEED HOMETIME, Company or Lease Purchase available. Health, vision & dental insurance. CDL-A & 3 months Experience Required. 800-441-4271 Ext. SC-

DRIVER - \$5K SIGN-ON BONUS for experienced teams: Dry Van & temp control. Solo jobs also available: Regional & OTR. O/Os & CDL-A grads welcome. Call Covenant (866)684-2519. EOE.

DRIVERS - Immediate openings for Regional & OTR drivers!
CDL-A w/tanker req'd. Premium
pay & benefits. Call 877-484www.oakleytransport.com

DRIVERS: LOVE YOUR JOB! Bonus & paid orientation. 36-43 cpm. Earn over \$1,000 weekly. Excellent benefits. Class A and 3 mos, recent OTR 800-635-8669.

Fast paced Physicians Office seeks

LPN/ Clinical Supervisor must have 2-5 years supervisory experience. Receptionist/CMA must have experience in both area's. All candidates must have excellent written and oral coprehension/skills must be able to multi task. NO PHONE CALL's will be accepted. Send resume with salary requirements and certification to: Attn: H/R 803-408-0729.

Terminix Service, Inc. is looking for motivated individuals for fulltime position that combines sales and service. Sales experience a plus! Paid training. Company vehicle. Great benefits including medical, dental and life insurance, 401(k), and profit sharing! Enjoy the freedom of working at Terminix along with the quality relationships you will build with co-workers and customers. Apply www.TrustTerminix.com,

fax resume to 803-432-3316 or apply in person at 911 Lyttleton Street in Camden between the hours of 8am and 5pm.

Employment

Flex Teller

We have an opening for a Flex Teller at our Springdale Branch. Applicants should have cash handling experience and enjoy working with the public in a team environment.

We offer competitive salaries and an excellent benefits package, which includes medical insurance, 401K, and profit sharing. If you fit this description and would like to become a member of our team, send a resume and an employment application to:

Human Resources SAFE Federal Credit Union P.O. Box 2008 Sumter, SC 29151-2008

Fortune Academy Real Estate Pre-Licensing classes are available at Central Carolina Technical College. Call 774-3338 for more information.

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Get rolling in your new career! Call Xtra Mile to enroll for CDL Class A training. Financial aid available. 15 locations to serve von 1-866-484-6313

Gulf Stream Express a growing truck line looking for a few good drivers. Class A CDL, 2 yrs. OTR experience. Offering full benefits package. Please call Tiffany 803-754-0333, ext. 113.

KFC Customer Service Workers Wanted!

We are looking for serviceoriented

individuals who care about a "job well-done" and have enthusiasm to provide 101% customer satisfaction. We offer:

- Starting pay up to \$7.00/hr.
- Flexible hours
- Meal Discounts
- Career Advancement Opportunities Paid vacation

 - Health and Life Insurance Join the Camden KFC Team today!

 Stop by the restaurant

101 E. DeKalb St. in Camden and fill out an application

Looking for the Real Deal? At Bunch Transport, U avg. 52K a yr. + Benefits + solid home time. 2 yrs. Exp. Class A CDL. Call 800-255-4807 X1961.

TRUCK DRIVER
TENCE NEEDED-No NO EXPERIENCE problem. Wil-Trans Trucking will teach you how to drive. Company sponsored CDL training. Be OTR in one week. 888-428-7651. Must be 23.

NUCLEAR POWER OPENINGS. National employer offers employment in engineering and nuclear power. Good in science/math, HS diploma, ages 17-34. Call 800-662-7419 for local interview.

WE NEED DRIVERS!!
Immediate openings. OTR drivers, minimum 1 yr. OTR experience. Late model conventional tractors/48' flatbed trailers. Top pay, insurance. Home most weekends. Senn Freight 1-800-477-0792.

Employment

REPORTER Camden Media Company has

immediate opening for a part-time Reporter (20-25 hours per week) for on-post work at it's army newspaper, The Fort Jackson Leader. Good pay and working conditions.

Fax resume to: Mike Mischner @ (803)432-7609 or email: mmischner@cicamden.com

RN - FT FOR RESIDENTIAL Facility serving adolescents.
Competitive salary/benefits. Competitive
Please call 803-473-4656. Willowglen Academy-SC, 1399 Harmony Camp Greeleyville, SC 29056.

SECRET SHOPPERS NEEDED -For store evaluations. Get paid to shop and rate local stores, restaurants & theaters. Flexible hours, training provided. 800-585-9024, ext. 6803.

Lost & Found Lost in the Elgin Area, Taz, a lab mix and Kit a black and white border collie. Last seen Christmas Eve. Both are spayed and wearing collars. Please call 803-609-6985 or 803-428-2301. Merchandise

Pampered Chef Gift Baskets

A great gift for newlyweds or college grad. Beautifully prepared custom made specs. For more info please call Aimee 803-243-2475 or email at aimee65@gmail.com

BED MATTRESS SETS Brand New. King Pillowtop set, \$275; Queen Pillowtop \$165; Full \$110. (803)736-4799. Close to Camden.

BUILDINGS FOR SALE! "Rock bottom prices!" 25x30 Now \$4800. 25x40 \$6100. 30x40 \$7300. 35x50 \$9990. 35x70 \$12,290. 40x80 \$14,900. Others. MANUFACTURER DIRECT since 1980. 1-800-668-5422.

Firewood For Sale. Half or full truckload. Pick-up or delivered. Call (803)424-5293 anytime.

FOR SALE: Mans 7 diamond ring. Total of 3 3/4 karats. Perfect cut diamonds. Call 803-600-8646.

In Forest Lawn's Garden of Devotion, Section 146B, plots 1, 2 and 3. After 6:00pm each day call 438-7259 or 475-6104. If no one answers leave a number for us to return your call.

UNDELIVERED/DISCOUNTS: End of year sell-off, saves big: 24x30, 30x40, 30x50. Deep discounts on 40-50-60 wides. Some counties free delivery. Call 1-888-513-7737

WE BUY FOR CASH: Gold, Jewelry, Coins, Guitars. Camden Pawn Downtown 803-425-5727.

Mobile Home BRAND NEW 3BR/2BTH. Financed. \$499/mo. (803)327-1430.

NEW FINANCE PROGRAM. Federal Funds available for Modular or Manufactured homes ZERO down. Low payments. NO closing cost. Bad Credit OK if you own your own land or a relative will give you land. For your approval by phone call 800-650-1121.

Got Land? 0 Money Down to Qualifying Land Owners. Clayton Super Store 877-659-5425.

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TAX TIME! Bring your refund. We have a New Single, Double or Mod waiting for you. Clayton Super Store 877-659-5425.

Why Rent When You Can Own? Guaranteed Financing. We own the bank!

Call Hermitage Farms 803-432-7221

hermitagefarms@mhcomm.com Motorcycles

FOR SALE: 2005 Suzuki Boulevard C-50. Black & chrome with windshield, saddle bags, sissy bar and tank cover. 13,000 miles. \$4,650. Call 669-1973 or 425-4927 after 8pm. Pets & Supplies Free Puppies: Lab Mix. Three

9 weeks. Picture can be seen online. Contact Julie @ 331-0752

3 Australian Shepherd Puppies. CKC Registered. Call for price. 803-463-4172. Real Estate

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